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THE SATURDAY EVENING POST

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Jan./Feb. '87 $1.95

Angela Lansbury's Murder, She Wrote

Prostate Manograms in the MaleMobile: How to See Your Prostate on a VCR

Julie and David– Books and All

Florida's Hot Spots

More About Estrogen Patches

Lung Cancer and Radon Survey

Torvill & Dean Ice Dancing Team

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A sumptuous, hand-tailored gown

ıe artistry of this entrancing doll does not end here. For ıe is costumed in a delightful hand-tailored creation of soft, :h green velvet, with beautiful golden trim. The full puffed ɜeves, empire waist, and ruffled, golden-laced bodice call a fairy tale age when damsels were rescued by hand-ɔme princes, to live happily ever after.

Upon her head, *Rapunzel* wears a charming little cap, mmed with faux pearls to complement those in her hair. ; a special touch, she carries a matching velvet purse and minutive golden mirror in her hand.

An exceptional value at $49

ąpunzel can be acquired at the original issue price of just 49, payable in two convenient monthly installments of 24.50 each. A price all the more remarkable when you ɔnsider that dolls of similar complexity and quality sell for uch, much more.

This attractive price also includes a display stand and rially-numbered Certificate of Ownership.

Rapunzel is available exclusively from the Danbury Mint. ıe will not be available anywhere else, not even in stores galleries that specialize in porcelain collector dolls.

Send no money now

ɔ reserve your doll you need send no money now. Simply turn the Reservation Application. As a convenience, you ın charge each installment to your VISA or MasterCard.

Of course, your satisfaction is guaranteed. You may return ɔur doll within 30 days for replacement or refund. What's ore, owners of *Rapunzel* will have the privilege – though ɔt the obligation – of acquiring other serially number-atched storybook dolls as they become available.

An heirloom to cherish always

ıagine your delight when you receive your *Rapunzel*. he precious childhood memories she'll recall. Think of the ıeasure she'll bring you in the years to come. And the dmiration of your family and friends when they see her for ıe first time.

Consider, too, what a perfect gift *Rapunzel* would make ɔr someone special... or perhaps for a small child still en-ıptured by stories of make-believe.

Enter your reservation today

on't miss this very special collecting opportunity. *Rapunzel* certain to be as treasured as the fairy tale that inspired her ɛation. Return your reservation today!

the Danbury Mint

47 Richards Avenue • Norwalk, Conn. 06857

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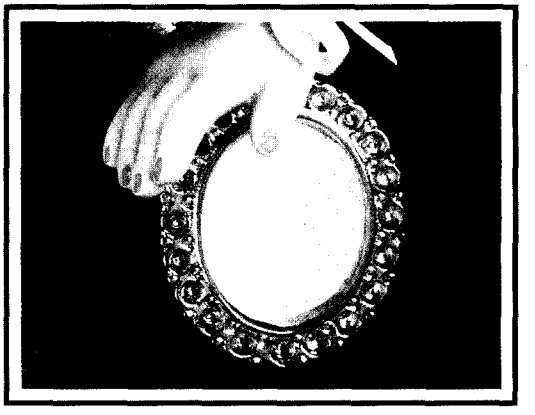
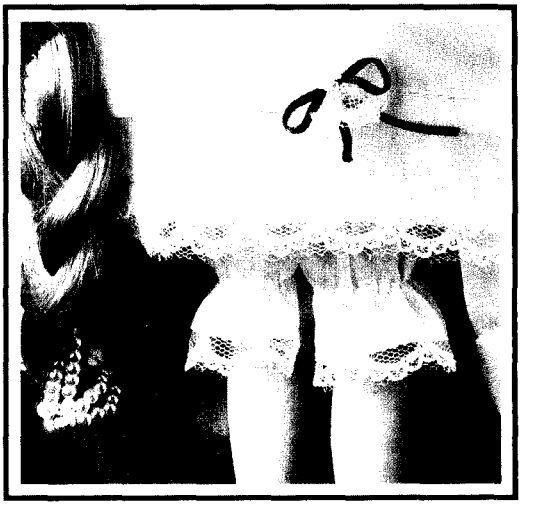
Rapunzel's *enchanting facial features are expertly painted by hand.*

A beautiful strand of faux pearls is entwined in Rapunzel's *luxurious hair.*



Rapunzel's *lavishly appointed costume is complete down to her precious golden mirror.*



The attention to detail is extraordinary – even her petticoat and pantaloons are trimmed with delicate lace.

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Courageous Angela Lansbury—forsook her Hollywood career to transplant her teen-agers to rural Ireland when drugs threatened a family tragedy. 42

Help the Society—to sleuth the cause of primary lung cancer in patients with no cigarette history. 56

Be Merry in Your Old Age—An estrogen skin patch does the trick for some happy grandmothers. 52

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TABLE OF CONTENTS, JANUARY/FEBRUARY 1987 Vol. 259, No. 1

FICTION

The Countess and the Devil ..... *Henry John Colyton* 68

FEATURES

Sugar City Goes Sour ..... *Andy Rooney* 26
A Few Words About Public Speaking ..... *Dave Barry* 28
U.S. Presidents on War and Peace ..... *Oscar Berger* 36
Angela Lansbury: Solving Sunday Night Blues ..... *T. Klein* 42
The Door-to-Door Salesman: An Endangered Species ..... *Maynard Good Stoddard* 46
More About Estrogen Skin Patches ..... *Cory SerVaas, M.D.* 52
Why Did My Sister Get Lung Cancer? ..... *Cory SerVaas, M.D.* 56
At Home with Julie and David ..... *Ben Yagoda* 64

DEPARTMENTS

Letters 4
Post People 14
Dental: Super Solutions for Tooth Decay ..... *David O. Born* 16
Microwave: Tapas: Delicious Little Dishes of Spain ..... *Jacquelyn Nyenhuis* 18
Cartoons: At a Loss for Words 22
Service with a Smile 40
Home Improvements: Air Cleaners: The Inside Story ..... *Jack Hayes* 30
Vets on Pets: Test Your Pet IQ ..... *Frances Sheridan Goulart* 32
Post Scripts 34
Sports: Torvill & Dean: So Nice on Ice ..... *Donald Chase* 48
Fighting Drugs on Ice ..... *Paul SerVaas* 50
Food: Ten All-American Soups 82
Travel: Fort Wilderness: Disney World's "Hinterland" ..... *M. Timothy O'Keefe* 92
The White Queen of the Gulf ..... *Maynard Good Stoddard* 94
Confessions from St. Augustine ..... *Eric Von Jares* 98
Medical Mailbox (Prostate Manograms) ..... *Cory SerVaas, M.D.* 106

(Cover painting by Lucian Lupinski)

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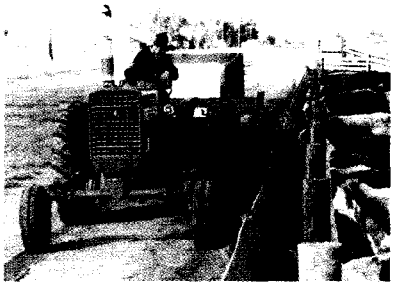
See Your Prostate "Manogram" on a VCR—New single-probe transrectal ultrasound equipment will travel the USA. **106**

Authors David and Julie Eisenhower—a typical Main Line couple with two American presidents and a lot of aggravation in their past. **64**



Humorist Andy Rooney—finds nothing funny in the plight of the American farmer. **26**

Torvill & Dean—trip the ice fantastic to fight drugs for Nancy. **48**

An Armchair Tour—of Florida at its best, from Disney World to Clearwater to St. Augustine. **92**

Letters

Male (Role) Models

It was with a great deal of interest that I read your candid story on Dede Robertson in the September '86 issue. Of particular interest was the picture on page 63 of her 1955 graduating nursing class from Yale University School of Nursing.

In the center on the front row was the one male member of the nursing class, Gordon Sawatzky, who had been my instructor at the University of Northern Colorado School of Nursing during the past summer. A most inspiring instructor, he was the first male student at the Yale School of Nursing and had to beat all odds for admission to a program that, up to that time, was only open to women.

I salute the men who are entering the nursing profession. In my current class of 75 Level II students are six men, all extremely committed, bright, and deserving of my highest respect. Hats off also to the male nurses who have set role models for many more men to enter the field. They are providing an important contribution to this area of health services. We *need* many more men in nursing.

Rhoda Rogers
Greeley, Colorado

Fe-Mail Response

Thank you for bringing the Mammobile to ALCOA and allowing us to provide this service to our female employees. Seldom has a project been received with such enthusiasm and good will.

Carole R. Myers, R.N., C. F.N.C.
Health Management Consultant
Aluminum Company of America
Alcoa, Tennessee

Spot Check

Thank you so much for your article about the Mammobile alerting women as to the importance of getting a mammogram. A few weeks ago I went to have a mammogram, and a small suspicious spot was discovered. I was operated on last week. My doctor said that is the way cancer looks when it starts, and the only way to know for sure is to operate.

I was amazed when my radiologist showed me the X-ray. He then inserted a wire through a hollow needle to

continued on following page

EDITORIAL
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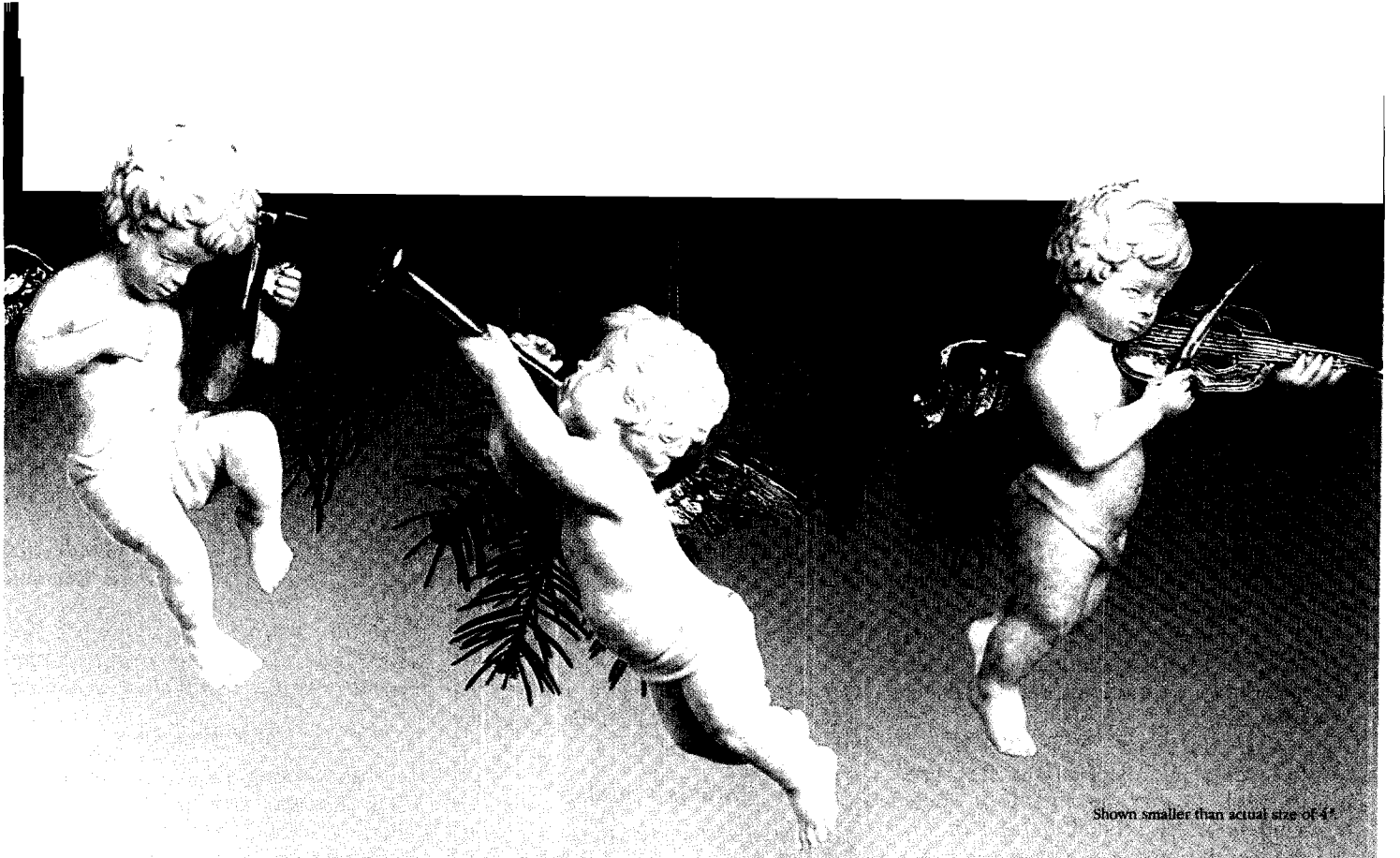

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To make your next Christmas the most beautiful ever...

The premier collection of Christmas Ornaments from The Franklin Mint.

Now you can keep the joy of Christmas in your heart, every month of the year, as you build a museum-quality collection for your family. The *premier* collection of Christmas ornaments from The Franklin Mint combines the classic beauty of Renaissance art with the style and grace of today.

PREMIER IN ARTISTRY. Each ornament is a true work of art. A new and original sculpture by the renowned Italian artist Gianni Benvenuti. And each is created in the rich Renaissance tradition—from the angel playing its golden flute to the cherub strumming its classic harp.

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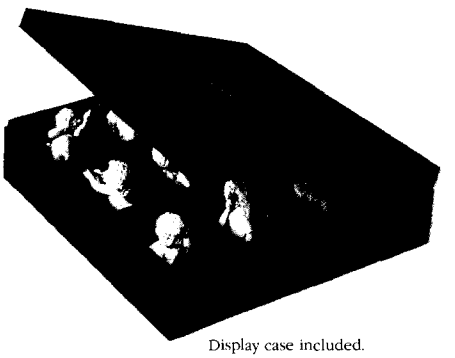
PREMIER IN BEAUTY. Imagine these twelve charming bisque cherubs among the glittering branches of your tree...joyfully sounding their golden instruments. They will be admired by everyone who comes to visit. And, when they are not gracing your tree, the ornaments will be protected in a luxurious satin-lined display case.

Because this is a major "first," it is likely to be sought after by collectors in the future. And please note that these ornaments will not be sold in stores. They can be obtained *only* from The Franklin Mint, Franklin Center, PA 19091.

ORDER BY FEBRUARY 28TH. Your ornaments will be sent conveniently one a month. But to be assured of acquiring the *complete* collection in time for next Christmas, you must mail your reservation no later than February 28, 1987.



Display case included.

RESERVATION FORM

10

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Please mail by February 28, 1987.

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Please enter my order for "The Heralding Angels Christmas Ornament Collection," consisting of 12 ornaments to be crafted in fine bisque porcelain and hand-decorated with pure 24kt gold. I will receive the ornaments at the rate of one per month.

I need send no payment at this time. Please bill me $29.50* for each Christmas ornament in advance of its shipment. A satin-lined display case will be provided at no additional charge.

**Plus my state sales tax and $1. for shipping and handling.*

Signature _____
ALL RESERVATIONS ARE SUBJECT TO ACCEPTANCE.

Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

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pinpoint the exact, minute area of calcification. Because of this, the surgeon removed only a section the size of a grape—without having to alter the appearance of my breast.

My doctor said it might have been two or three years before he could have felt the lump from the inner area of my breast. By that time, if malignant, the whole breast might have to be removed, or the cancer might have spread too far.

The next day, when my doctor said, "It's not malignant," I said, "Praise the Lord!"

I asked my doctor: If it had been malignant, would I have been all clear since he "got it all."

He replied, "If you put an arsenic ice cube in a glass of water and then withdrew it, would you want to drink the water?"

"Of course not," I answered.

In other words, I would have had to have further treatment of some kind—possibly chemotherapy or radiation therapy.

When I opened your December issue of *The Saturday Evening Post*, I was grateful to see Angela Lansbury on the very first page urging women to get a mammogram.

Please do it, ladies. It could SAVE YOUR LIFE!

Anne B. Sawyer
North Augusta, South Carolina

Breath of Fresh Air

Enjoyed your article in the *Post* on Dr. Henry Heimlich and the Micro-Trach.

I have severe emphysema and am looking for more information on the new Micro-Trach.

My local doctor had not read or heard of this until I told him about reading it in the magazine.

I use some oxygen but it is produced by a machine in my home.

I'll be looking for some reply or an address in the next *SatEvePost*.

Thank you for the story in the *Post*.

W.C. Buska
Richey, Florida

Editor's Note: We're forwarding your request to Dr. Heimlich's office in Cincinnati.

Mistaken Strokes

I just finished watching your program (on the "700 Club") which dealt with nutritional deficiencies in the hospital. In this article you mentioned dealing with a case where a patient was comatose due to a deficiency of minerals and they had mistaken it for a stroke.

These facts are identical to the case of my husband's grandmother, who was sick last year. We didn't expect her to live when she went into a coma. They said they thought she had a stroke. They eventually found a mineral deficiency through blood tests. When they replaced her minerals she came out of her coma. She lives in Sugar Grove, Virginia, and was in the Marion, Virginia, hospital. Is this a common thing or just a coincidence of facts? I realize that you can't reveal this person's identity, but it was such a coincidence of facts that I just had to write and let you know that this happened to someone in my family.

Trudy Mize
Newark, Delaware

Editor's Note: The comatose person referred to had hypophosphatemia. She has completely recovered.

Controlling Idea

I am writing to you in response to Bob Slosser's article, "Dusty's Decision" (October '86). I have to admit that I was very moved by it.

The article showed me a side of life that I had never known: that of a drug addict. It showed me that people on drugs are not taking the drugs of their own free will but are controlled by the drugs themselves.

I hope that this article will show others "hooked" on drugs that there is a way out. I believe that more articles containing a personal approach to the drug problem should be published in the future.

Gregory Odom
Raymond, Mississippi

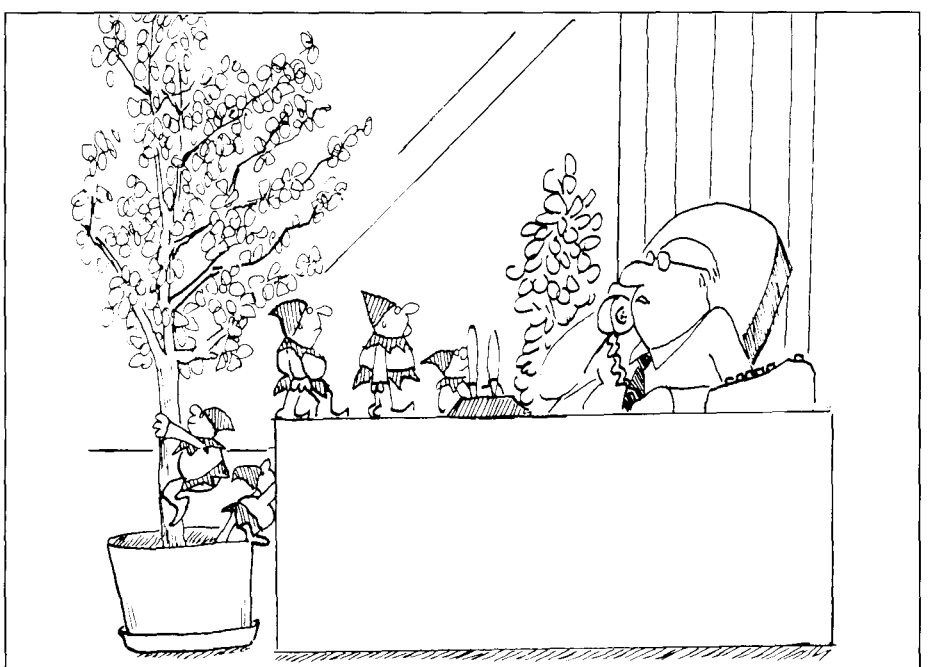
Poster Board of Education

Regarding "Suing the Tobacco Companies" (July '85), I felt compelled to write to your magazine to tell you that it *has* made a difference in several students at our local high school!

I am on the school board here, and when I saw the pictures and the devastation to that boy, I knew what I had to do. First, I cut out the pictures and pasted them with captions on a large poster board (bright orange), then I wrote additional facts about smoking and cancer, etc.

I am told that many students stopped to read this poster in the hall and a few even quit chewing and smoking because of those facts! Even one kid makes it worth it to me. This

continued on page 10



"Hold my calls, Miss Marcott. I'm talking to the men from the plant."

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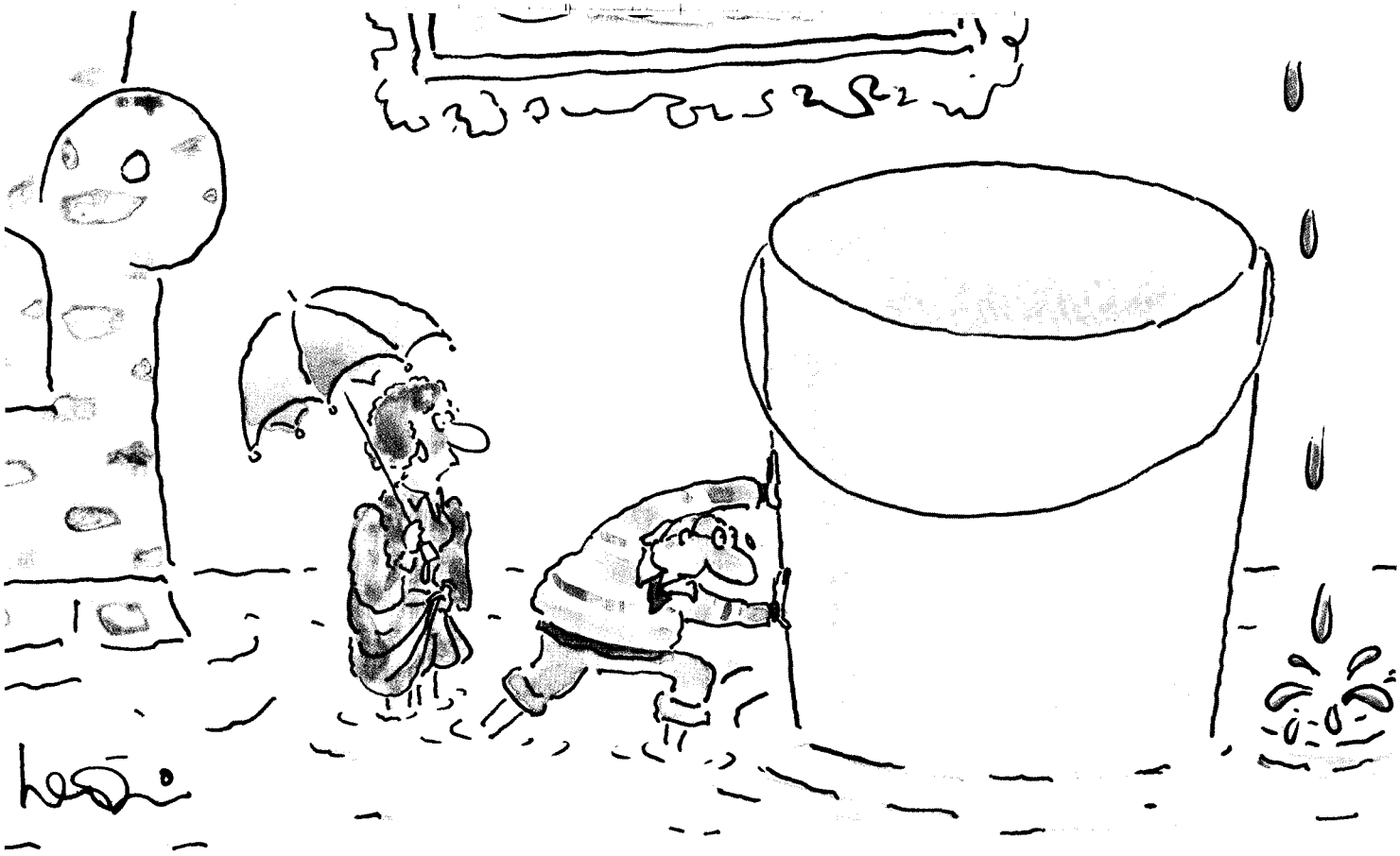

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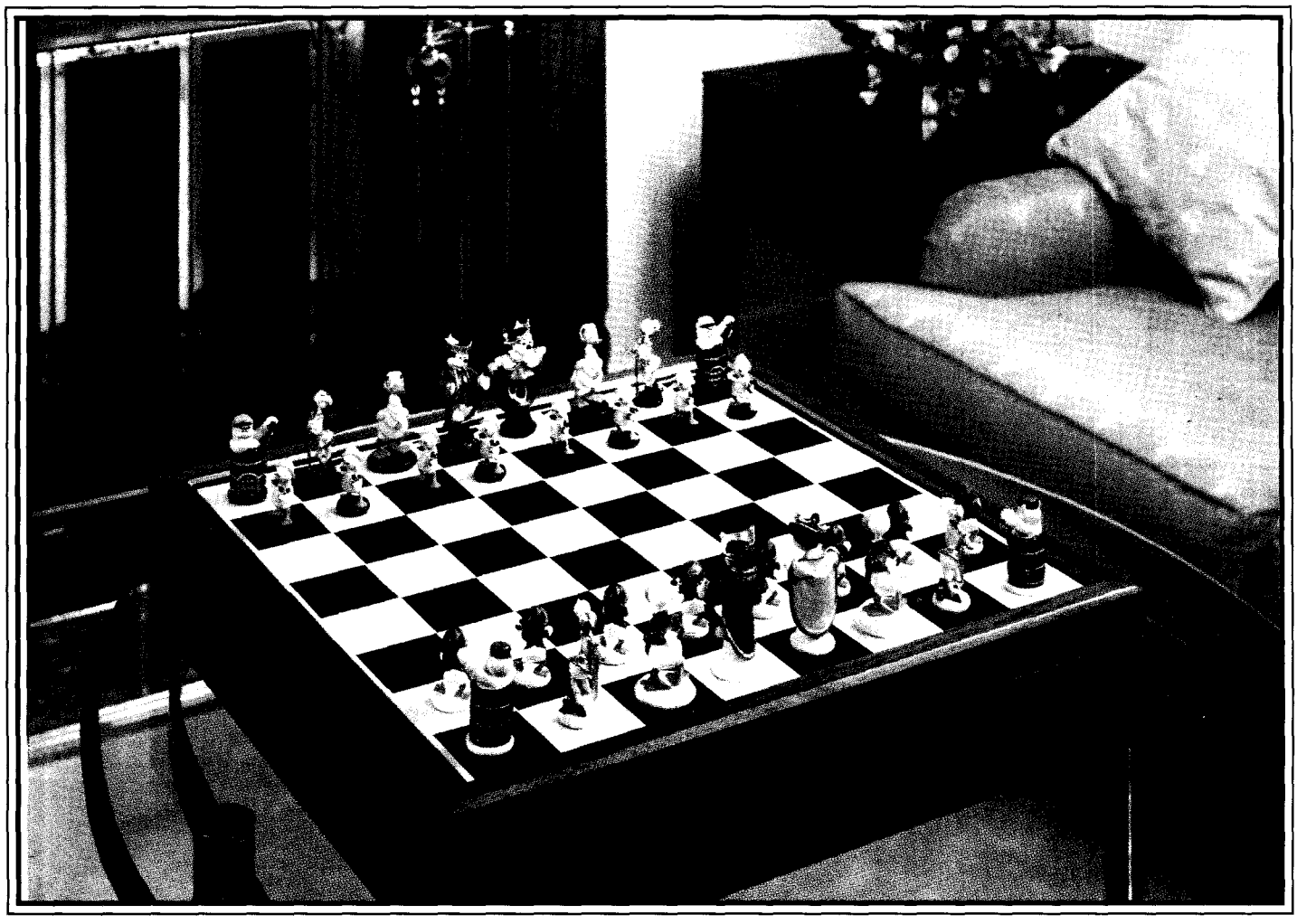

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Here are Mickey and Minnie Mouse serving as king and queen. Look at the lovable Donald Duck and his adorable nephews. There's Practical Pig. And Goofy. All the exciting pieces — the pawns, rooks, knights, bishops — are inspired works, exclusively created and approved by Walt Disney artists. Each chess piece is incredibly detailed, faithful in design to the original character of storybook and silver screen fame.

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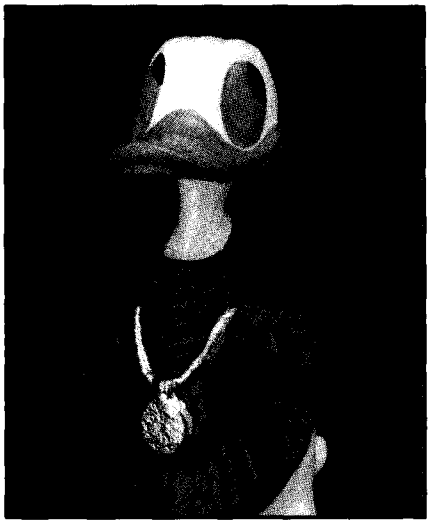
Each three-dimensional figure in the OFFICIAL DISNEY CHESS SET has been meticulously sculptured in fine American pewter, a favorite medium among discerning collectors. Each chess piece is captivating, expertly made with astonishing attention to detail.



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INDIVIDUALLY PAINTED BY HAND

What a delicate task it was to capture the distinctive charm of these delightful characters. But the craftsmen commissioned for this Disney collectible are gifted artists. With the use of tiny brushes, each piece is individually painted by hand. Nothing has been missed. Look how every facial feature is so incredibly clear. Even the authentic costumes have been re-created in full color. And notice the embellishments, like the painted robes and golden and silver crowns worn by Mickey and Minnie, the medallion that Donald Duck wears, the little slingshots in his nephews' hands and the sword that Goofy holds. This kind of dedicated craftsmanship has made the Disney name a synonym for perfection!

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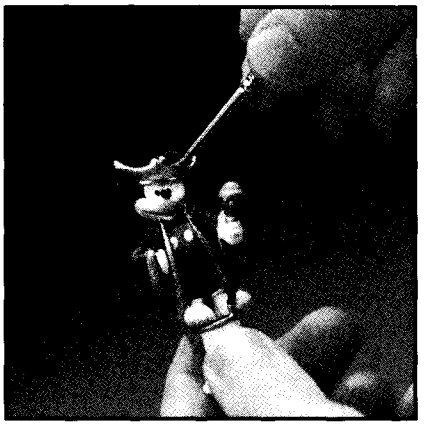
The OFFICIAL DISNEY CHESS SET is available to you at the favorable price of just $11, plus shipping and handling, per sculptured chess piece, issued to you at the convenient rate of two chess pieces each month. As a further convenience, you may charge each monthly installment to your Visa or MasterCard.



Each chess piece is delicately hand-painted by gifted artists. No feature is overlooked. Even the authentic costumes are rich with color!

You need send no money now. Simply mail the Reservation Application today. Your satisfaction is guaranteed. If you are not pleased with any chess piece you receive, return it within 30 days for a prompt replacement or a refund.

DON'T LET THIS EXCEPTIONAL OFFER PASS YOU BY

You have an opportunity now to own a collector's chess set that will continue to bring the magic of Disney into play. Imagine how this wonderful collection of classic characters will be admired by all who see it — whether it's on display in your home or office. And what better heirloom treasure can be passed on with pride to new generations in your family. Don't miss this exceptional offer. **Mail your Reservation now!**

THE OFFICIAL DISNEY CHESS SET

Reservation Application

The Disney Collection
A Service of Grolier Enterprises
Sherman Turnpike, Danbury, CT. 06816

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☐ YES, please accept my reservation for the OFFICIAL DISNEY CHESS SET — thirty-two chess pieces, each sculptured in fine American pewter and hand-painted to perfection.

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poster is back up in the hall this year too, with the hope that it will help another student.

Thank you for a much-needed article—one that even teenagers could relate to!

Mrs. Cydney Krouse
Butte Valley School Board
Dorris, California

Principal's Reason

I am writing in regard to your article "Getting Tough on Snuff," in the September '85 issue. Having taught 11 years in public schools, I wish that this article could be placed in every classroom in every school in the United States.

The last three years I taught, I was in a new high school where students were not allowed to chew gum because of the wall-to-wall carpeting. Smoking (in a designated area) was restricted to before school, during lunch, and after school, whereas most schools allowed students to smoke between classes. Even the main entrance doors to the rest rooms were removed to help in detecting and to discourage smoking in the rest rooms. However, the ONLY ban on snuff and chewing tobacco was that you could not spit in the trash cans in the classrooms. Why the leniency on snuff? Because the principal dipped snuff. . . .

How sad it is that adults complain about chewing gum stuck in the carpet but are silent examples of a deadly habit.

Elizabeth G. Hicks
Takoma Park, Maryland

Mouth That Roared

I have just finished reading your article "What Your Mouth Can Tell Your Dentist" (October '86) and found it very informative. I was amazed at how many diseases could be detected just by a dental exam. I never would have imagined that AIDS, syphilis, brain tumors, and leukemia can be diagnosed by a dentist.

If we would go to our dentist regularly, we might be saving not only our teeth, but our overall health.

Shelia Sumrall
Clinton, Mississippi

Got the Picture

It was with great pleasure that I received my November issue of the *Post*. When I came upon page 65, lo and behold, there was the magnificent picture by Mayan ("Never Get Another Dog," November '86). I cut the same one out of a *Post* many years ago and framed it. You would remember the exact date. Mine is somewhat faded; however, I have treasured this and many pictures from the *Post* and have kept them for the satisfaction they have provide me through the years.

The story is a gem, as so many o yours have been. I shall frame th new edition and give it to a frien who loves dogs and all animals an stories about them. Thank you for wonderful magazine.

Another picture from the *Post* have framed was from a story calle "The Mission," about the journey o a black girl across an island to fin her relatives. Beautiful story and il lustration. I do not remember th author, but possibly you would run i again some time.

Gonso G. Carlso
St. Paul, Minneso

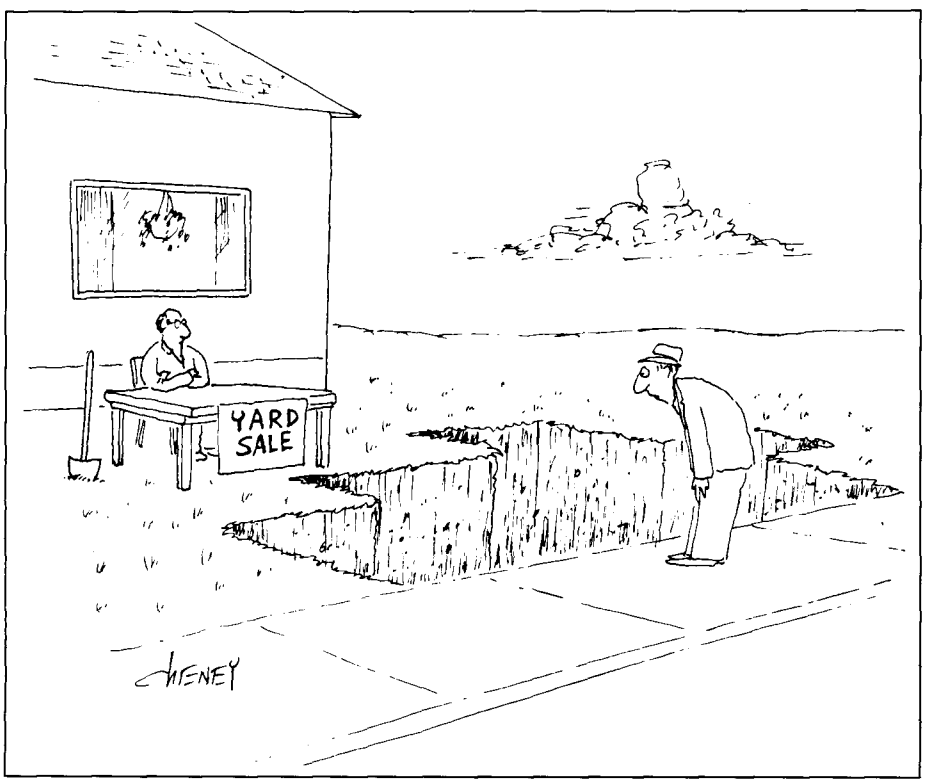
First Things First

I have just read with pleasure you article "Reward: Celebrity Wanted' (November '86), which, of course was concerned with the early diagnosi of carcinoma of the prostate. Th main thrust of your article is extraor dinarily well taken. Most urologist would heartily agree with you tha regular digital rectal examinations o the prostate should be done. The would also agree that they should b done by someone experienced in pick ing up early prostatic cancers.

There is one part of the article however, which I feel needs elucidation. Author Kushner has written "If a man doesn't see a doctor unti he has pain, or if he finds blood in hi urine, he probably has advanced dis ease. . .and he is considered by mos experts to be inoperable. . . . Al hope of cure is gone." To put this ir context, the entire article is related t cancer of the prostate, and this par ticular paragraph also relates to can cer of the prostate.

In actuality, if a male patient com plains of grossly bloody urine, cance of the prostate is by no means th first thing the urologist would think of—it might well be the *last* thing he would think of. A patient who has had gross hematuria and who reads the above paragraph might well conclude that his disease is virtually untreatable, and he might even, in fact, decide that he won't seek help at all.

Wrong!! The finding of gross hematuria, particularly when painless, should cause the patient to immediately seek urologic help—not next week or next month, but as soon



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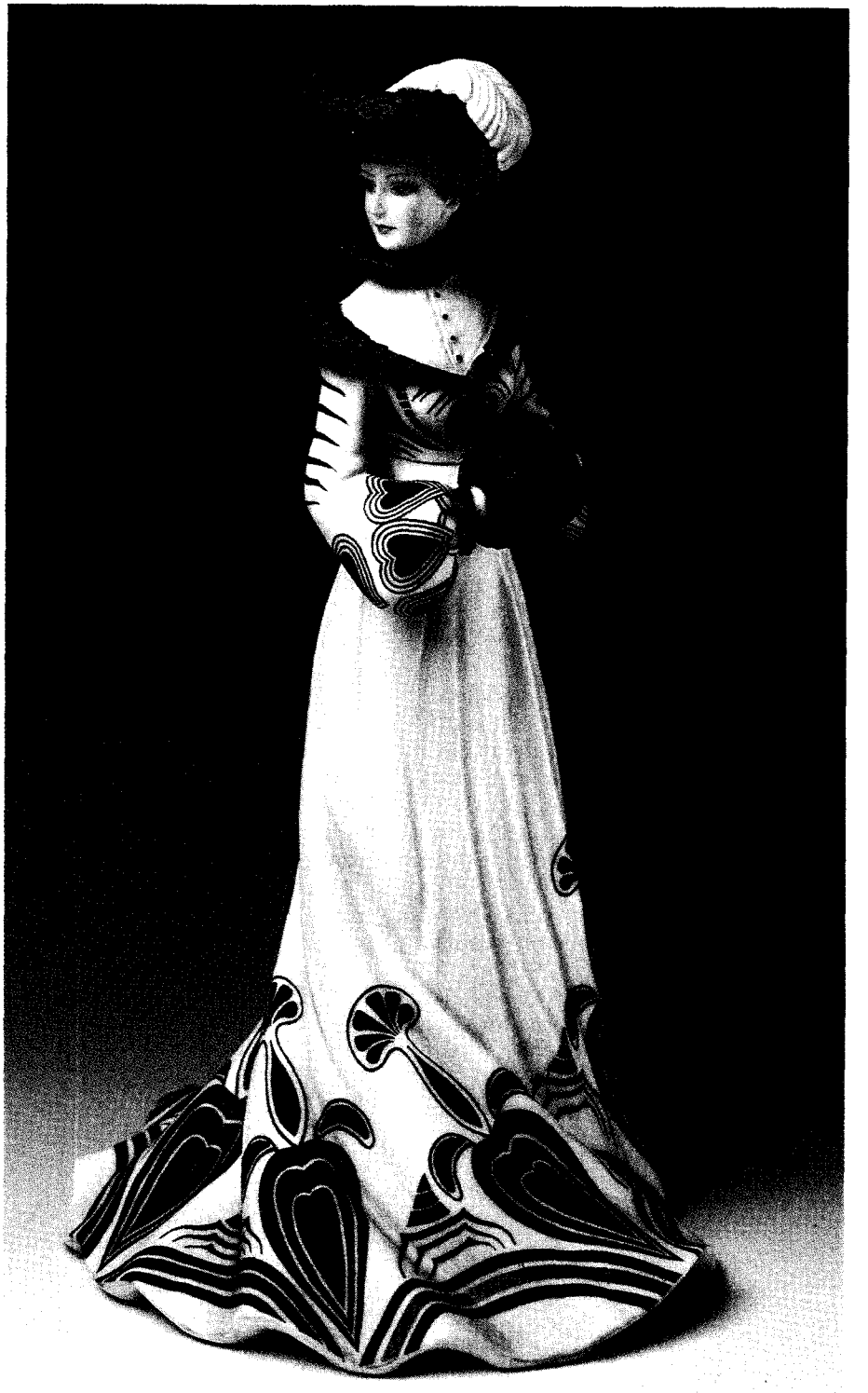
Lenox.

Tea at the Ritz

A Lenox tribute to American fashion—created under the guidance of our country's leading costume experts.

Individually crafted of fine handpainted porcelain. Available only by reservation.



It is 1902. The turn of the century has brought exciting new fashions to America. A young lady is on the way to meet her gentleman friend for tea. She is impeccably dressed for the occasion with a mouton-trimmed hat, collar, bodice and muff. Her "visiting dress" of ivory broadcloth, trimmed with silk appliqué, represents the height of fashion of the day.

Tea at the Ritz has been created by Lenox under the guidance of distinguished fashion authorities—Vera Maxwell, renowned fashion designer; Carrie Robbins, award-winning Broadway costume designer; Robert Riley, Fashion Institute of Technology; and Matthew Kiernan, Costume Society of America. This lovely figurine represents one of the most important eras in American fashion and is *historically accurate down to the finest detail.*

A Handcrafted Work of Art

Conceived and designed by the artists of Lenox and created exclusively under their direction by master craftsmen in Japan, each figurine is individually crafted of the finest bisque porcelain—capturing *extraordinary detail* from the furry texture of the muff to the curving *art nouveau* floral designs on the skirt, bodice, and long, flowing sleeves.

Skilled artisans paint each piece *by hand,* creating a delicately colored work of art of incomparable beauty. And each figurine is embellished on its base in *pure 24 karat gold* with the title and the world-famous Lenox® trademark...the symbol of unsurpassed quality and craftsmanship. Of course, *your satisfaction is completely guaranteed.*

Available Only Direct from Lenox

Tea at the Ritz is available only by reservation direct from Lenox and will not be sold through even the most prestigious dealers or galleries. The price is $95, payable in convenient monthly installments of $19 with *no finance charge.* Each figurine is accompanied by a Certificate of Authenticity and literature on the history of American fashion.

Since each figurine is individually handcrafted, please allow 6 to 8 weeks for shipment. Reservations are accepted in strict sequence of receipt and should be mailed by February 28, 1987. To order, mail your Reservation Application, or call **TOLL FREE 1-800-228-5000** now.

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Shown smaller than actual size of 8¾".

RESERVATION APPLICATION

Please enter my reservation for *Tea at the Ritz* by Lenox. I need send no money now and prefer to pay as follows:

☐ DIRECT. I will be billed for a deposit of $19 in advance of shipment. After shipment, I will be billed for the balance in 4 monthly installments of $19* each.

☐ BY CREDIT CARD. After shipment, please charge the full amount of $95* to my credit card indicated below:
☐ MasterCard ☐ VISA ☐ American Express

*Plus $3.25 per figurine for shipping and handling. State sales tax will be billed if applicable.

Account No. Exp.

Signature

All orders are subject to acceptance.

Name (please print)

Address

City

State Zip

Your application should be postmarked by February 28, 1987.

Mail to:

Lenox Collections

One Lenox Center • PO Box 3025
Langhorne, Pennsylvania 19093-0026 26514

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as possible.

It seems to me it would be well for your excellent magazine to convey this information to your readers, who might otherwise be misled by Rose Kushner's article.

The rest of her article is, of course, excellent, and you and she both are to be commended for a good job well-done.

Donald E. Burke, M.D.
Diplomate, American Board of Urology
Santa Monica, California

Double Trouble

I can't tell you enough how much the *SatEvePost* means to me!

Being an advocate of nutrition and proper health care, the *Post* is right on the mark with every nutritional need as well as health-care need.

My husband and I always look forward to receiving the *Post*.

I do have a couple of questions, though. How do I obtain a copy of the colitis diet, and also, do you have something on glaucoma and cataracts? My husband is only 47 and an ex-jock, so we were astonished to learn he possibly has both. He must have further field tests.

The doctor said his (my husband's) condition was most probably brought on by serious injuries.

Gloria Miller
Caledonia, Michigan

Editor's Note: Information on cataracts and glaucoma is being forwarded. We'll ask the Colitis Club to get in touch with you.

A Cranberry a Day

Shortly after we arrived in Hawaii 12 years ago, my husband started having a kidney-stone seizure. Needless to say, we were frustrated since we were miles from home and our doctor who treated him numerous times for such attacks.

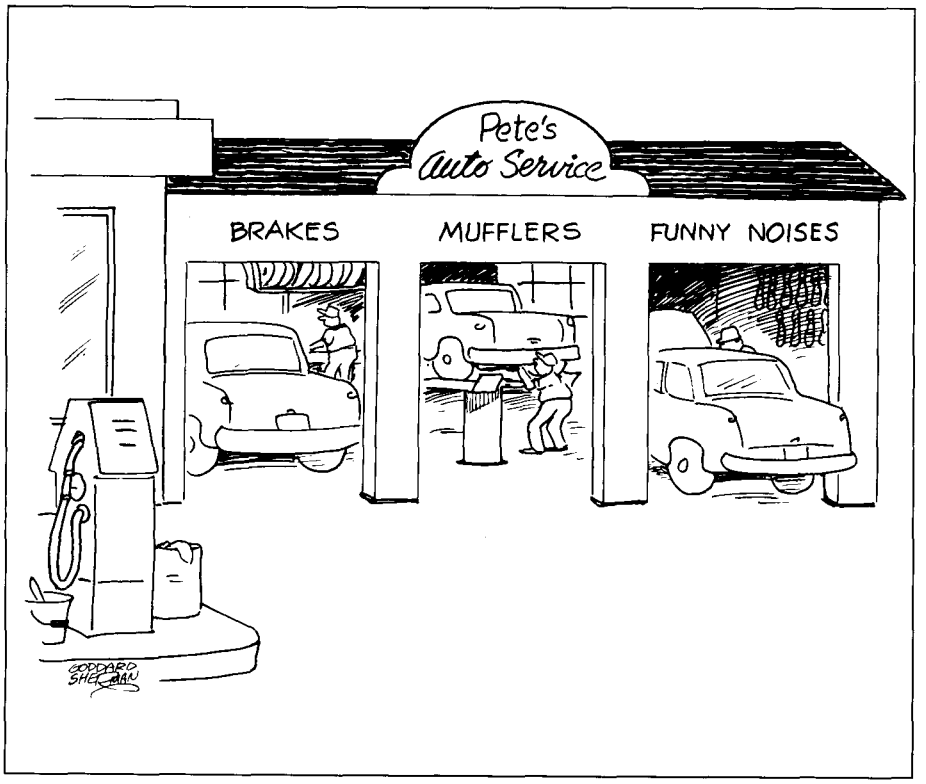
As was suggested, we did call the house physician. He prescribed morphine to be taken orally for two days and then to see the doctor in his clinic.

Fortunately, the kidney stone passed. When we met the doctor he suggested that he have an intravenous pyelogram when we returned to the States. He said perhaps a regimen of one glass of cranberry juice with breakfast might eliminate the problem permanently.

After 12 years my husband has not had a kidney-stone seizure since, but he has never let a day pass without cranberry juice every morning.

It surely would be wise for kidney-stone formers to try this easy remedy. We hope that it will bring permanent relief to them as he has experienced.

Frances Cismoski
Chicago, Illinois



Magnificent Magnesium

I have misplaced my May/Jun 1986 issue of *The Saturday Evening Post*.

I have taken the Slow-Mag (time released magnesium) and was thrilled with the results. I have ordered a supply and am impatiently waiting for them to arrive. They did away with terrible headaches that I had had constantly for six weeks. I had tried everything—new glasses, a complete check-up, and eight prescriptions for medicine to stop them. I really don't think it was just sheer coincidence.

I always save my *Post*, but this one got away. We always read the *Post* from cover to cover, and I have used several recipes with great success.

Mrs. L.J. Cathey
Archer City, Texas

A few weeks ago I sent in a donation, and you sent a sample bottle of Slow-Mag. I did not take it, just put it on the shelf and forgot it. For some time now my legs have "pulled" and "cramped," and my right knee felt like it had a tight bandage wrapped around it. I could hardly walk.

I read in *The Saturday Evening Post* how someone had received relief from leg cramps after taking Slow-Mag. Remembering you had sent me some, that night I took four. I slept so much better. I had not been sleeping. The next morning there was a little less soreness in my legs. The next night I took two. I slept well again. I have taken a total of eight. I feel like I have a new pair of legs, and I rest so well.

Is this for real? Have these pills helped me this much? It is hard to believe—it is like a miracle.

Please tell me where I can get some more. Can you take too many of them? Thank you for any information you can send me.

Elizabeth Law
Mt. Vernon, Missouri

Editor's Note: We're sending you a Post *reprint of an article on magnesium. Allister Warren, a pharmacist who formulated these slow-release capsules for his own use, takes four at night and two in the morning. You can find Slow-Mag in some pharmacies, but failing that, you may order from the SatEvePost Society, 1100 Waterway Blvd., Indianapolis, IN 46202.*

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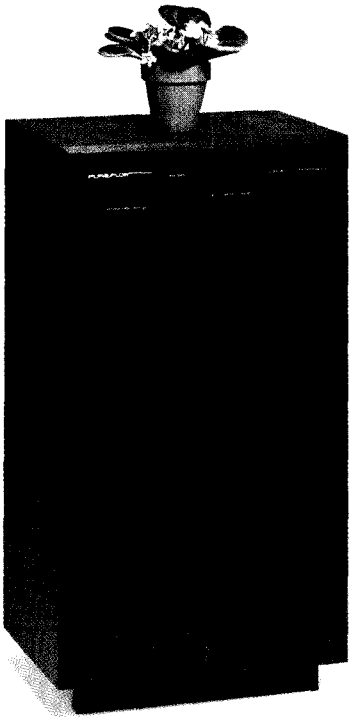
"THE PUREFLOW SYSTEM MAKES A BIG DIFFERENCE IN THE AIR WE BREATHE."

Susan Smith
Jonesboro, Arkansas



When the Smith family bought the PUREFLOW™ Air Treatment System, Susan Smith began to notice changes.

She didn't have to dust as often. The air smelled fresher. Odors didn't linger.

After a while, she opened the back of the unit and looked at the filters in the PUREFLOW System.

"I couldn't believe what I saw trapped in the filter when I opened up my System," says Susan. "I could actually see the contaminants that would have been in the air we were breathing, if not for the PUREFLOW System."

The PUREFLOW System helps reduce smoke, dust, pollen, household odors, and a variety of other airborne contaminants. It uses a five-filter system that includes a HEPA (High Efficiency Particulate Air) filter, containing the same material used in hospital operating rooms. It offers you more filters, programs, fan speeds, and features than other comparable systems.

Consider the facts. Government tests indicate that indoor air can be dirtier than outdoor air (as much as 10 times more). Tobacco smoke, pollen, pets, dust, fireplace smoke, cooking odors, and other contaminants contribute to your indoor air pollution. Children are more susceptible to indoor air pollution than adults. Get the PUREFLOW Air Treatment System today.

There's an Amway distributor near you who would like to help. If you need assistance finding a distributor, dial toll-free 1-800-253-4463. In Michigan, dial 1-800-632-8723. (In Hawaii and Alaska, please write.) Amway Corporation, Ada, Michigan, 49355.

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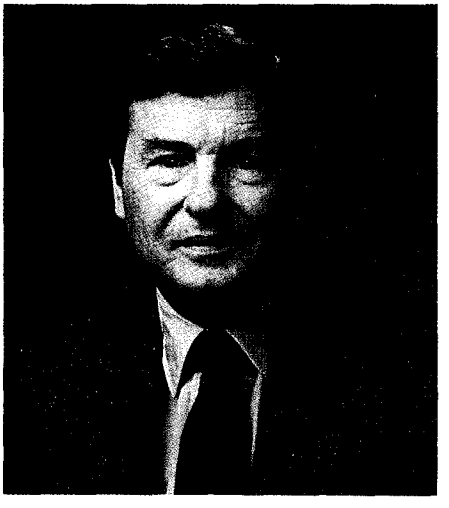
Post People

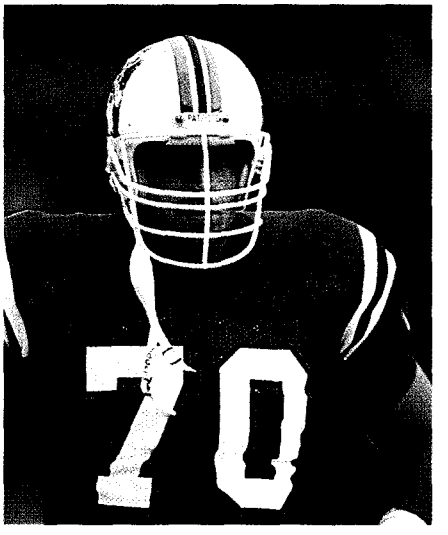
On the screen ***Kathleen Turner*** exudes a smoldering sexuality, but in real life she is said to be a bouncy kid.

Supporting this kid image is her recent complaint that she is "missing all the fun." She refers to being 4,000 miles away making another movie when her film *Peggy Sue Got Married* —"perhaps one of the biggest successes of my professional life," she says—opened to rave reviews. "And there I was in Italy," she moans, "having to wait for phone calls telling me how it's going." (It was going at a one-week gross of $8.1 million.)



How does ***Jim Lehrer*** spend his time away from the PBS "MacNeil-Lehrer News Hour"? Some hours find him wandering around Oklahoma, Kansas, and Texas as he looks for new material for an off-Broadway play. His latest, *Chili Queen*, was inspired by an incident at a Dairy Queen in a little town east of Dallas.

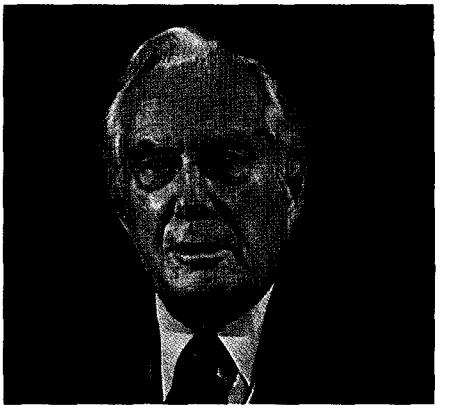
Lehrer says that among his favorite pastimes is collecting old bus-depot signs. "It's something that's very relaxing," Lehrer says.



Art Plunkett, a 6'8", 282-pound offensive tackle for the New England Patriots, says he is not ashamed to be a member of the ICS. The ICS? Yep —the International Chili Society.

Plunkett says he's involved in about 20 chili-cooking contests a year, and if he didn't play football he'd compete in even more contests. "The football season is the best time of year for chili contests," he says, "so I have to give up tackling chili cook-offs to tackle opposing running backs."

A three-time winner of Female Vocalist of the Year and last year's Entertainer of the Year, ***Reba McEntire*** is a fixture on the stage of the annual Country Music Association Awards presentation. The down-home sounds of this country girl have made her Nashville's leading lady. In January, she's kicking off her 1987 tour at the Fox Theatre in Atlanta, Georgia. To relax, Reba slips away to hoof it with her husband, Charlie Battles, on their farm in Oklahoma.



Warren E. Burger, the recently retired chief justice of the U.S. Supreme Court, wants it known that he did not step down because of health reasons. "I never felt better in my life," he says.

He wants to devote his time to directing the commission planning the bicentennial of the Constitution, an observance that will continue through 1989. "I already had two full-time jobs," he says, citing his administrative duties as chief justice and his judicial responsibilities as a member of the Court. "And it just isn't feasible to have three full-time jobs."

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For bladder control problems...

INTRODUCING ATTENDS.® BETTER LEAKAGE PROTECTION THAN ANY OTHER UNDERGARMENT.

"I used to make a lot fewer calls, because I doubted my protection. But now I've found the undergarment that protects best...

...No doubt about it!"

Literally millions of men and women have problems with bladder control. And too often, the fear of having an accident in public keeps them from doing what they'd like. It shouldn't. The protection of new Attends Undergarments is so advanced, it helps do away with your doubts.

What is new Attends? It's absorbent, disposable, uniquely designed to protect men and women with moderate bladder control problems. And in Super and Regular absorbencies, Attends lets you choose the amount of protection you need.

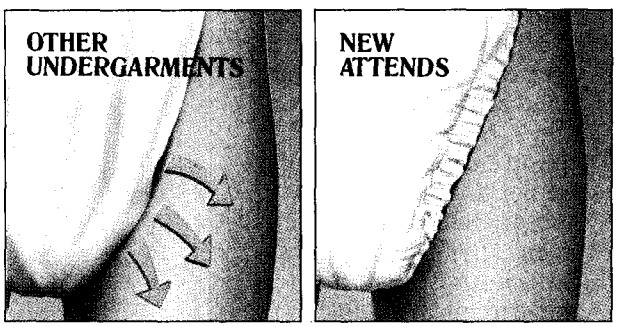
How does Attends protect against leakage so much better than any other undergarment? In two ways:

1. Only Attends has elastic leg gathers to keep its highly absorbent layers *close* to your body.

2. Attends' absorbent layer retains almost ten times its weight in moisture.

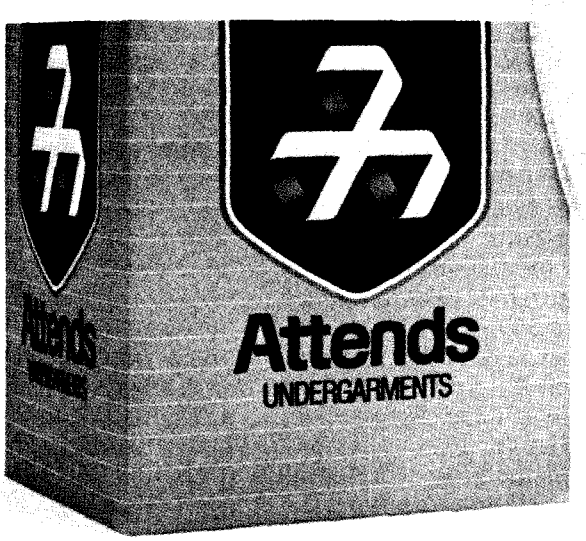
No doubt about it, Attends is designed to give you the best undergarment protection there is. And to let you get on with your life.

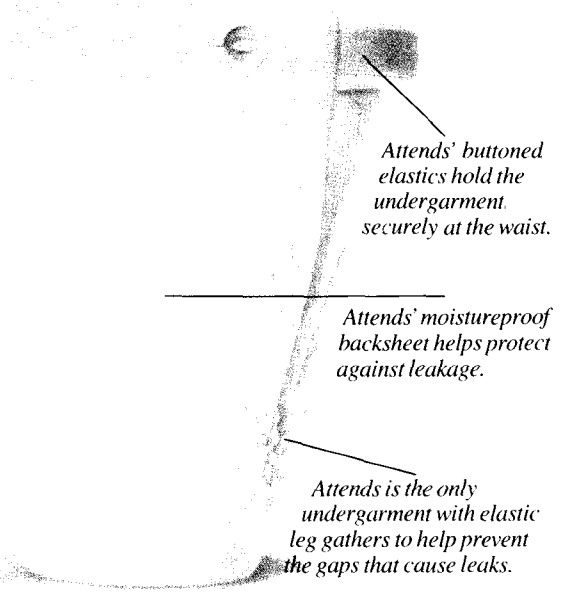
For more severe bladder control problems, try Attends Briefs. If you have any questions about Attends products or bladder control problems, call our registered nurses toll-free at **1-800-4-ATTENDS.**



Other undergarments can gap and cause leakage. But with its elastic leg gathers, Attends protects better against accidents.

NEW





Attends' buttoned elastics hold the undergarment securely at the waist.

Attends' moistureproof backsheet helps protect against leakage.

Attends is the only undergarment with elastic leg gathers to help prevent the gaps that cause leaks.

THE BEST PROTECTING UNDERGARMENT. NO DOUBT ABOUT IT.

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SUPER SOLUTIONS FOR TOOTH DECAY

Dental scientists are closing in on cavities with new mouth rinses that prevent decay by remineralizing teeth.

by David O. Born

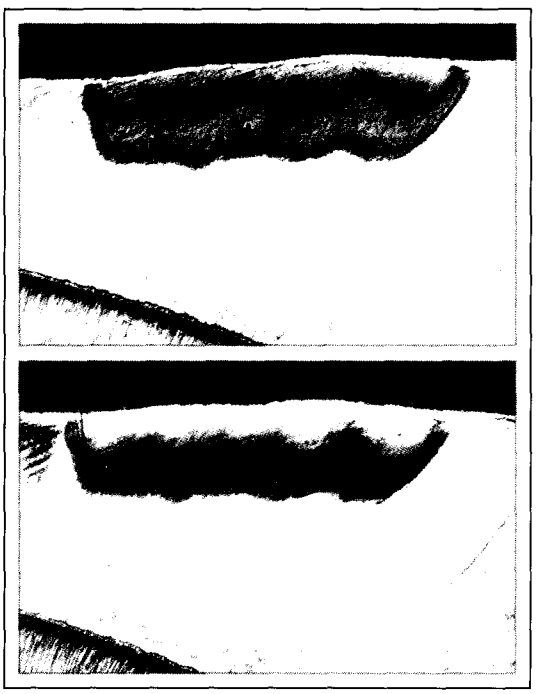
Look out, Mr. Tooth Decay! Until recently, brushing with fluoride toothpaste and flossing daily has been the best way to keep cavities away, but dental scientists are now well on their way to a more effective solution. Super salivas—mouth rinses containing calcium, fluoride, phosphate, and other chemicals—will prevent and repair microscopic lesions before they turn into cavities. Using such rinses, dentists will be able to help you treat cavities long before they grow large enough to be detected by X-ray.

The problem with teeth is that they are not as hard and slick as they appear, but porous, like a hard sponge. Plaque-forming bacteria—which thrive on the fermentable carbohydrates in foods—form weak acids that corrode the enamel and leach out the minerals forming the outer surface.

This incessant demineralization (which fluctuates with the amount of fermentable carbohydrate residue in the mouth) would soon rob us of our teeth without saliva to counteract it. The minerals in natural saliva (in particular, calcium and phosphate) help to remineralize tooth surfaces and enable us to withstand the continual acid attack.

Dental caries (cavities) form when demineralization outpaces remineralization. One cause is a diet high in sugar, which produces excess acid in the mouth. Another is xerostomia, or "dry mouth," a condition stemming from various diseases, drug interactions, chemotherapy, or radiation therapy to the head and neck. Some people simply produce abnormally low levels of saliva, or their saliva may not remineralize well.

The new super-saliva rinses supplement natural saliva and help the body to fight decay in a natural, more effective way by speeding up the remineralization of the teeth. Dr. Athena Papas, a clinical scientist at the Tufts University School of Dentistry, is enthusiastic about super saliva's role in preventing and repairing dental decay. She and Tufts' dean, Dr. Erling Johansen, a pioneer in the development of super saliva, have treated approximately 1,500 patients with solutions; they have nearly 500 under active treatment.



A laboratory-created cavity (top), worn in a patient's mouth for two weeks at the "caries-prone" interproximal site, was remineralized by twice-daily rinses of "super saliva" (bottom).

Many Tufts patients are especially prone to caries for various reasons. Dr. Papas reports great success with the solutions. "Using the rinses for two minutes at a time, twice a day, many patients have been able to greatly reduce the rate of caries formation," she says.

Dr. Papas has been particularly successful with bulimics, whose frequent vomiting exposes their teeth to high concentrations of stomach acids. These especially corrosive acids vastly increase vulnerability to caries.

Patients undergoing radiation therapy in the head or the neck also benefit from the super salivas. Radiation therapy often compromises the blood supply to the jaw. The salivary secretions of such patients are often affected. And with less blood in the lower jaw, infections take much longer to heal. Patients also often suffer from osteoradionecrosis, or loss of bone. Thanks to the super salivas, however, tooth decay and bone loss are both reduced. Dr. Papas also notes, "An unexpected benefit is that the super salivas also seem to speed the healing of soft-tissue lesions."

Dr. Leon Silverstone, at the University of Colorado, and Dr. Mark Jensen, of the University of Iowa, among others, are formulating the most effective super-saliva solutions. Researchers are "really dealing with five main components: calcium, phosphates, fluoride, strontium, and magnesium," Dr. Jensen explains. "Our biggest challenge right now is to find the optimal combination of these ingredients. It would appear that the roots of the tooth may respond to a different solution than the crown or upper portion of the tooth."

Aging and periodontal disease often leave portions of tooth roots exposed to decay. Although dentists can treat and fill cavities on the roots, such areas are usually difficult to

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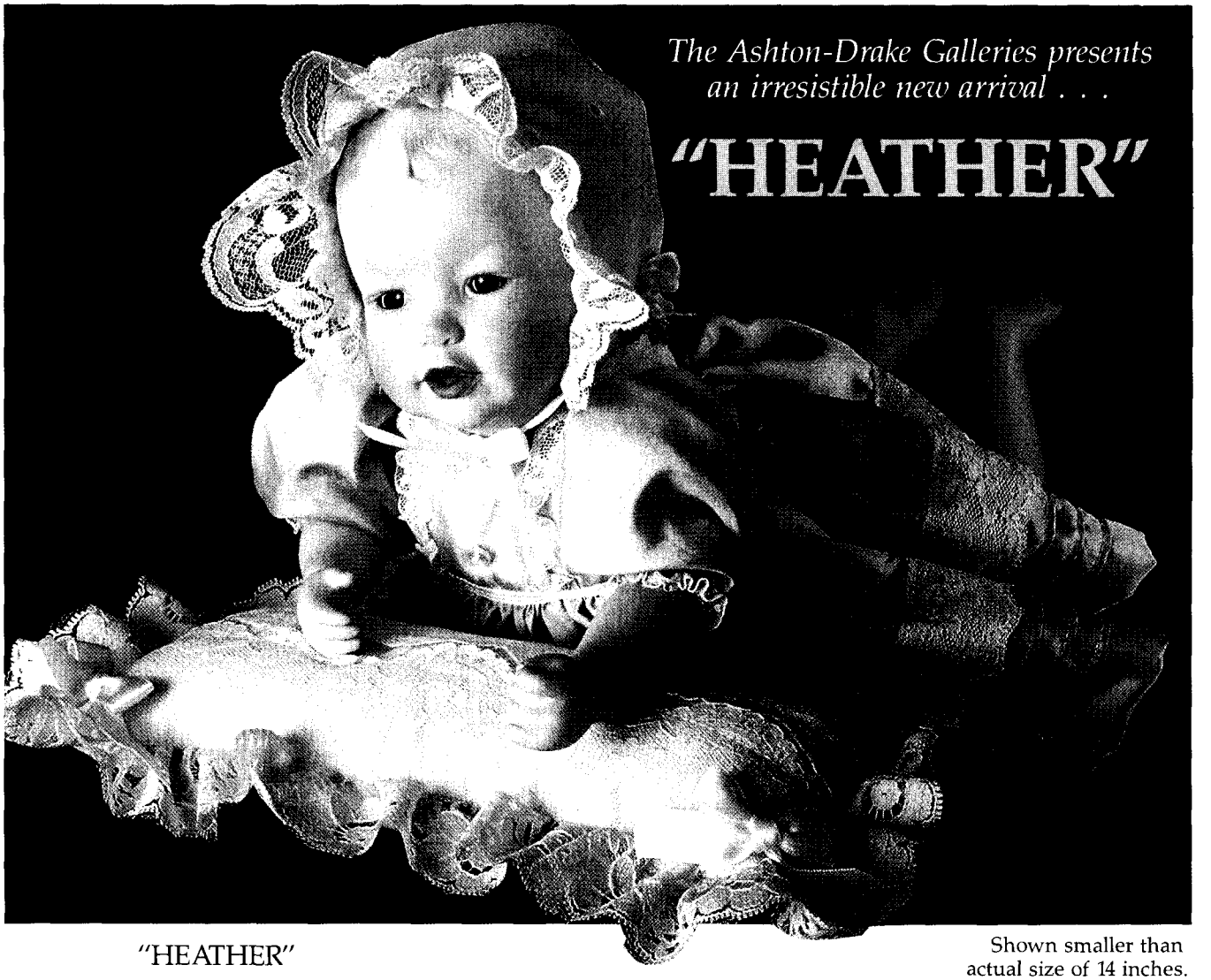

Shown smaller than actual size of 14 inches. Complete with lace trimmed pillow.

"HEATHER"

A limited-edition porcelain doll so lovable, she'll capture your heart

For the child in all of us, there's "Heather"...a picture-perfect baby who reminds us that the world can be a wonderful place, filled with one delightful discovery after another!

The newest issue in *Yolanda's Picture-Perfect Babies* collection, "Heather" is the essence of a baby's curiosity and innocence with her glowing expression and alert pose.

Commissioned exclusively by the Ashton-Drake Galleries, she represents the centuries-old tradition of classic character dolls – dolls so treasured, many become heirloom collectibles cherished for generations.

A Masterpiece of the Dollmaker's Art

"Heather" is meticulously handcrafted with head, arms, and legs sculpted of fine porcelain that's hand-painted in soft lifelike colors. Her eyelet bonnet, satin dress, and pillow are hand-tailored and trimmed with lace. As a final touch, "Heather" will bear the signature of the artist, Yolanda Bello, as well as the hallmark of the Edwin M. Knowles China Company...renowned for its long tradition of quality porcelain.

Available only from the Ashton-Drake Galleries

"Heather," complete with lace-trimmed pillow, can be yours to cherish for only $48.00. But you must act promptly...this extraordinary doll is issued in a strictly limited edition which will close forever in 1987. Each doll is individually hand-numbered and accompanied by a matching numbered Certificate of Authenticity.

Your Satisfaction is Completely Guaranteed
You may, without hesitation and for any reason, return "Heather" to us at any time within one full year after you receive her. We will refund your purchase price, including postage, with no questions asked.

THE ASHTON-DRAKE GALLERIES
In Pursuit of the Unique

TEAR OFF, COMPLETE AND MAIL

RESERVATION FORM

PLEASE RESPOND BY February 28,1987

Mail to: **THE ASHTON-DRAKE GALLERIES**
212 West Superior Street, Chicago, Illinois 60610

YES Please enter my reservation for "Heather", newest issue in *Yolanda's Picture-Perfect Babies* collection.
Limit: One doll per customer.

☐ I understand that I SEND NO MONEY NOW. I will pay for "Heather" in three convenient monthly installments of $16.00* each, the first being billed before shipment of "Heather".

Signature _____ Date _____

Name (Please Print) _____

Address _____

City _____ State _____ Zip _____

*Plus a total of $1.74 home delivery fee and any applicable state sales tax. Allow 4 to 6 weeks for delivery.

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TAPAS: DELICIOUS LITTLE DISHES OF SPAIN

Explore a whole new world of eating and entertaining with these bite-sized delicacies from across the ocean.

by Jacquelyn Nyenhuis

Nearly 500 years after Columbus, Spain's most delicious dining tradition has finally discovered America. Tapas, the little appetizers Spaniards have nibbled before dinner for centuries, are turning up frequently at American luncheons and dinner parties.

Are tapas a meal, appetizers, or tidbits with drinks? Your appetite is your only guide, for traditional tapas-style eating follows no rules or schedules.

What are tapas? It's difficult to categorize them, for they can be almost anything from spinach turnovers to mushrooms marinated with garlic to clams in sherry to vegetable crêpes. Only one definition seems to apply—all are offered in small servings. Most tapas can be eaten with fingers or a toothpick, but some, especially those with sauces, may require a fork. This loose definition of tapas leaves room for conjuring up all sorts of delicacies.

Spaniards traditionally consume tapas in bars along with generous helpings of conversation and drink. In fact, tapas were originally invented to be eaten with sherry, a wine too heavy to be drunk with a full meal. In Spain, tapas are generally not served until about 10 p.m., and they lead up to the main meal—but because appetites are lighter in the United States, tapas here can easily become the entire meal. In planning a tapas meal, try for a balanced assortment and use meat tapas mingled with a variety of vegetable tapas.

A traditional tapas favorite is the banderilla, a mixture of food served on a toothpick. The mixture is slipped into the mouth all at one time so the flavors enhance each other. Shrimp banderillas include highly seasoned shrimp, marinated artichoke hearts, and black olives.

Steak banderillas combine pineapple wedges, green peppers, and marinated flank steak. Flank steak, one of the leanest cuts of beef, has virtually no waste. Cut the meat across the grain for maximum tenderness. Devise your own banderillas by combining favorite ingredients on a toothpick. Cheeses and cubed meats are the most common.

Tapas do take time to prepare, so most of the recipes are designed to be made ahead. Heat them in the microwave just before serving. Glazed Chicken Wings, Pickled Baby Vegetables, and Western-style Spuds can be prepared up to three days before the party.

Baby vegetables, first popular in California but now available in most larger grocery stores, can be used to create tapas. Look for any tiny, colorful produce that can be pickled. If these vegetables are not available in your area, regular carrots, squash, cucumbers, or onions can be substituted. Just cut the larger vegetables into small, interesting shapes. The assorted vegetables can be arranged on a platter or placed on toothpicks for banderillas.

Asparagus in January is a special treat, thanks to growing methods that make most produce available year round. If it is not available fresh, canned asparagus can be substituted. Paper-thin slices of salmon are wrapped around the spears. This dish is reminiscent of sushi. For an authentic look, tie each bundle with a thin piece of seaweed. Asparagus Wrapped in Salmon can be served cold or hot. Lox and very fresh salmon do not have to be cooked. If cold tapas are desired, omit the final microwave cooking. Prepare this dish just before serving to be sure the salmon is at its freshest.

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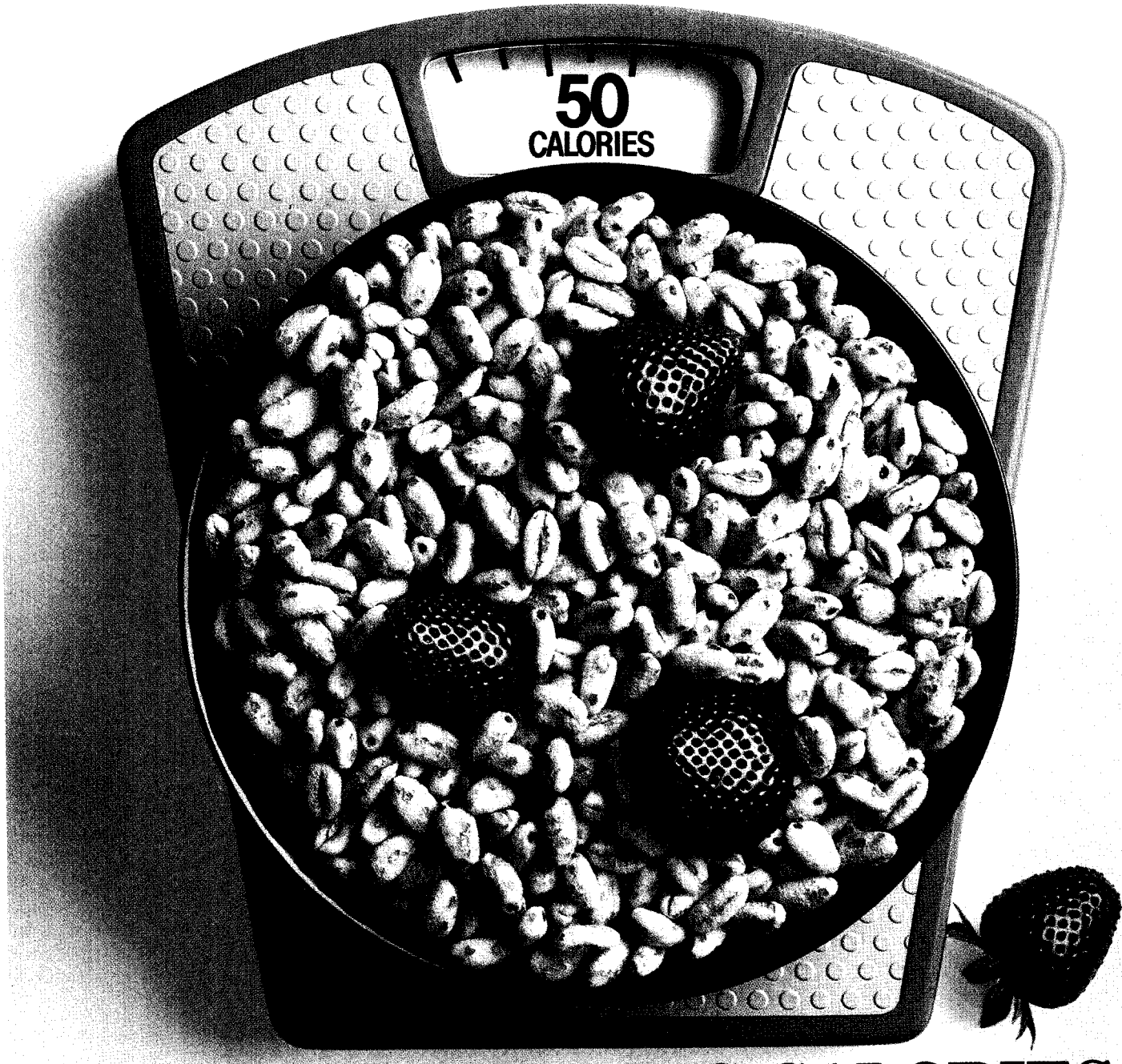

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Western-style Spuds
(Makes 16 servings)

4 medium baking potatoes
2 cups chopped broccoli
2 tablespoons chopped onion
2 tablespoons water
1¼ cups (5 ozs.) shredded Monterey-jack cheese
½ cup finely diced red and green peppers

Scrub potatoes and pierce each one with fork several times. Microwave at High (100%) 15-16 minutes or until tender. Let stand until cool enough to handle. Cut each potato in four lengthwise pieces. Scoop out pulp and reserve for another use.

Microwave broccoli, onion, and water in ½-quart covered casserole at High (100%) until tender (4-5 minutes); drain. Arrange potato skins on glass serving tray. Divide broccoli, cheese, and peppers among potatoes; fill each skin. Microwave at High (100%) 3-4 minutes or until potatoes are heated through.

Asparagus Wrapped in Salmon
(Makes 3 dozen)

1 pound asparagus, cut into 3" pieces
2 tablespoons water
½ pound thinly sliced salmon or lox
½ lemon, fresh
2 tablespoons sesame seeds
2 tablespoons fresh, snipped parsley

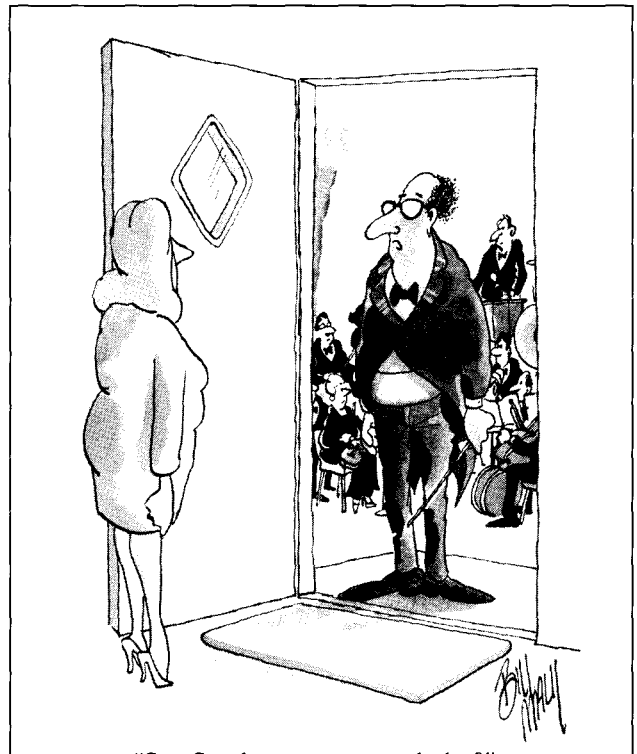
Microwave asparagus and water in 1-quart covered casserole dish at High (100%) until heated but still crisp (3-4 minutes); drain. Cut salmon into 1" strips and wrap around 3 spears of cut asparagus; allow ends of asparagus to extend past edges of salmon. Place salmon in 1½-quart baking dish. Squeeze lemon over salmon. Sprinkle sesame seeds and parsley over salmon; cover with plastic wrap. Microwave at High (100%) 2-3 minutes or until salmon is heated.

Glazed Chicken Wings
(Makes about 3 dozen)

3½ pounds chicken wings
2 tablespoons minced onion
2 cloves garlic, minced
½ cup ketchup or chili sauce
3 tablespoons honey
¼ cup reduced-sodium soy sauce
2 teaspoons lemon juice
3 to 4 dashes hot-pepper sauce

Clean wings and discard wing tips; cut wing at joint. Place wings in 2-quart baking dish; cover with casserole lid. Microwave at High (100%) until chicken is no longer pink (13-15 minutes); rearrange pieces twice during cooking. Drain cooking juices.

Combine remaining ingredients and pour over chicken wings. Microwave at High (100%) until wings are heated through (5-7 minutes). Microwave at Medium (50%) until wings are tender (10-12 minutes).



"Can Stanley come out and play?"

Steak Banderillas
(Makes 20 servings)

1 pound flank steak
¼ cup soy sauce
1 tablespoon honey
1 tablespoon ketchup
2 teaspoons lemon juice
1 clove garlic, minced
¼ teaspoon ginger
1 can (15 ozs.) pineapple wedges
1 green pepper

Slice steak across the grain into 1/8" slices. Combine all other ingredients except pineapple and green pepper. Pour over meat and marinate at least 2 hours or overnight in refrigerator; turn meat occasionally to coat. Remove meat from marinade and thread onto toothpicks. Place pineapple chunk and piece of green pepper on each toothpick. Place banderillas on glass tray and brush with marinade; cover with waxed paper. Microwave at High (100%) until meat is tender (4-5 minutes). Serve warm.

Tip: To make slicing meat easy, partially freeze steak first.

Shrimp Banderillas
(Makes 20 servings)

1 cup water
2 tablespoons Creole seasoning
1 lemon, sliced
1 onion, sliced
1 sprig parsley
½ pound cleaned medium shrimp
1 jar (6 ozs.) marinated artichoke hearts, cubed
1 can (3½ ozs.) black olives

Combine water, seasoning, lemon, onion, and parsley in 1-quart casserole. Microwave at High (100%) until boiling (3-4 minutes). Stir in shrimp and microwave 2-3 minutes or until shrimp starts to curl and turn pink. Discard cooking liquid and seasonings; cool shrimp. Place a shrimp, one artichoke cube, and an olive on a toothpick. Serve cold with shrimp cocktail sauce, if desired.

Pickled Baby Vegetables
(Makes 1 large vegetable platter)

1 cup white vinegar
1½ cups unsweetened apple cider
1 teaspoon mixed pickling spices
½ teaspoon dried dill weed
1 pound assorted baby vegetables (carrots, onions, yellow squash, or beets)

Combine vinegar, cider, pickling spices, and dill weed in 2-quart casserole. Microwave at High (100%) until mixture boils (5-6 minutes). Add desired vegetables; cover. Microwave at High (100%) until vegetables are tender-crisp (10-15 minutes). Serve cold.

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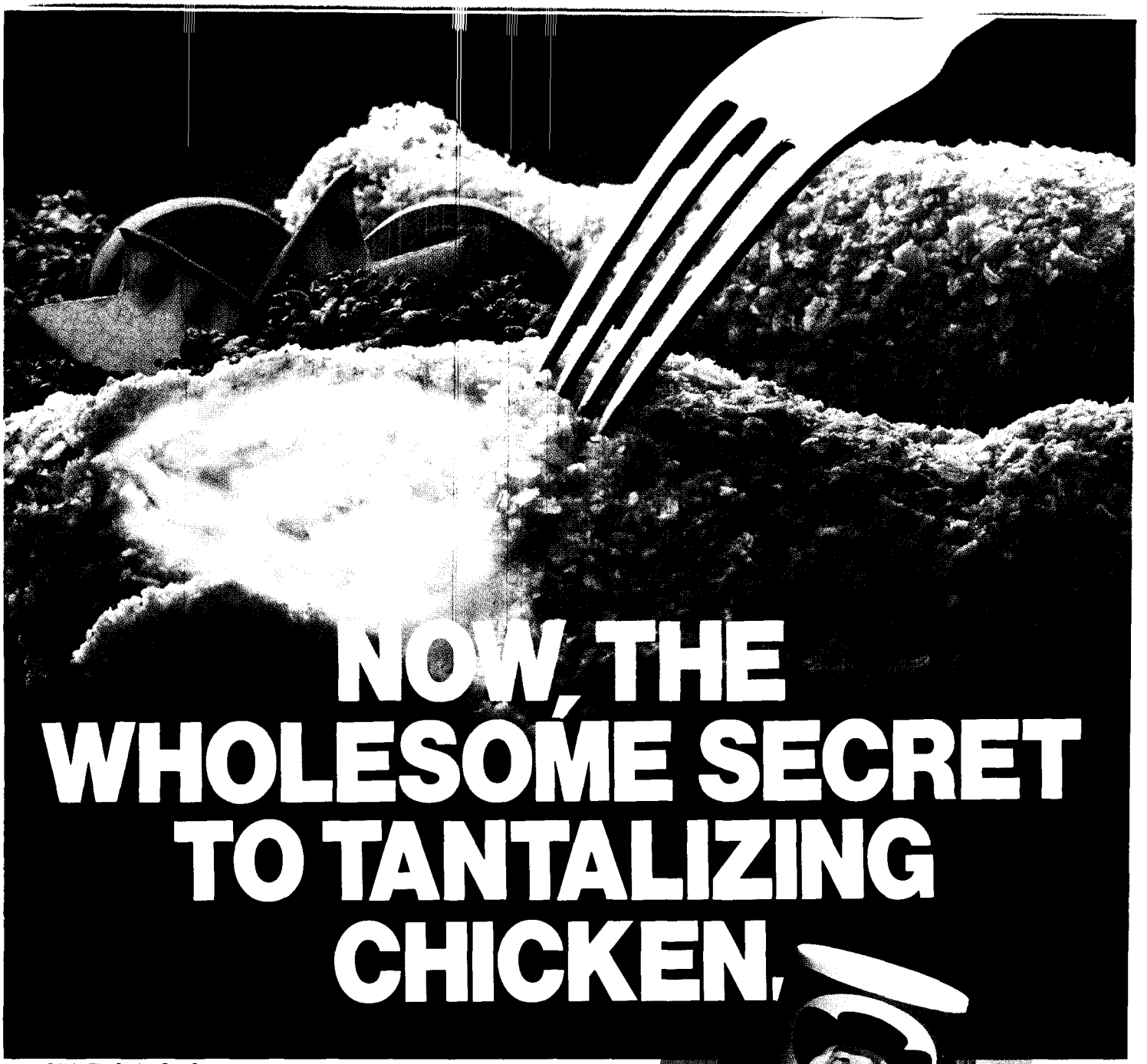

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- 1 cup Quaker Oats (Quick or Old Fashioned, uncooked)
- ⅓ cup grated parmesan cheese
- ½ teaspoon paprika
- ½ teaspoon salt (optional)
- ⅛ teaspoon pepper
- One 2½ to 3½-lb. broiler-fryer chicken, cut up
- ⅓ cup milk
- ¼ cup vegetable oil margarine, melted

Heat oven to 375°F. Place dry ingredients in blender or food processor; cover. Blend about one minute, stopping occasionally to stir. Coat chicken pieces with oat mixture; dip into milk. Coat again with oat mixture. Place in 15x10-inch jelly roll pan; drizzle with margarine. Bake 55 to 60 minutes or until juices run clear when chicken is pierced with fork. ***4 SERVINGS***

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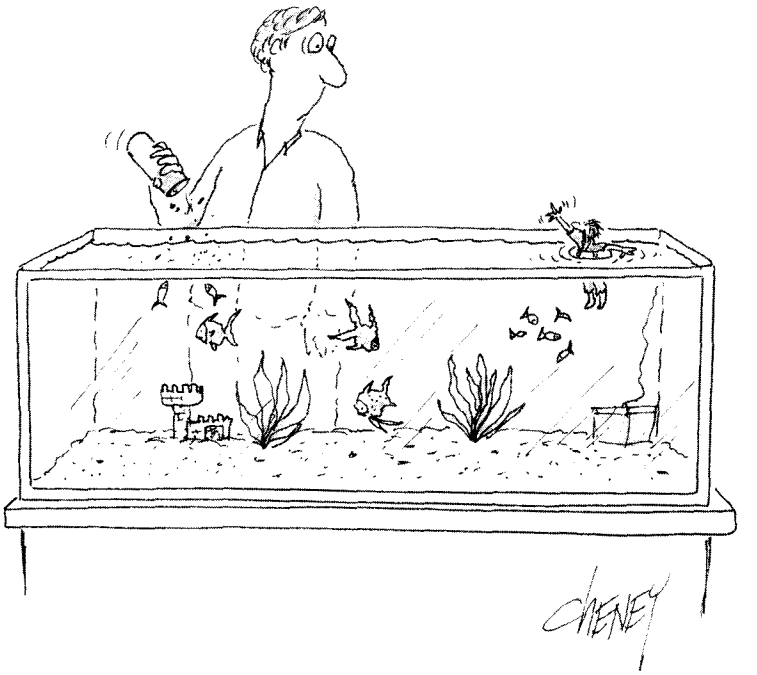

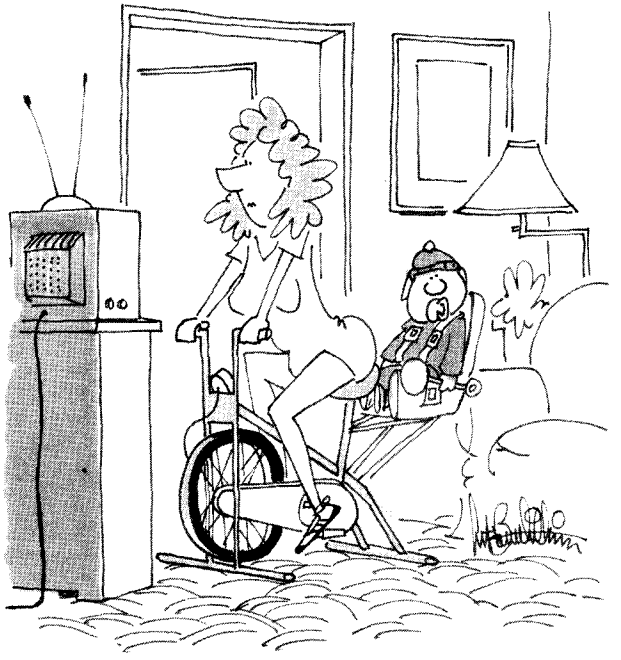

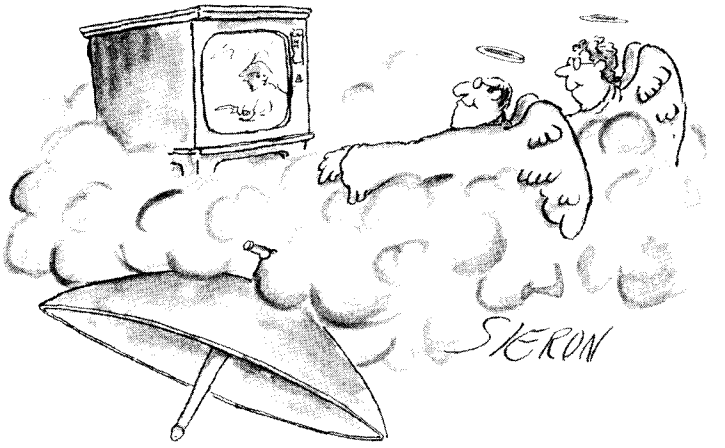

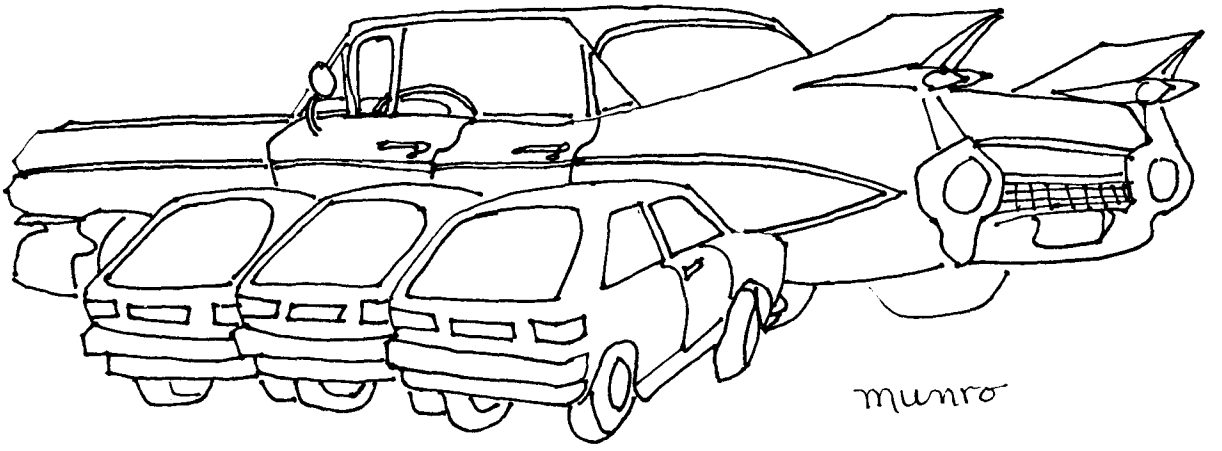

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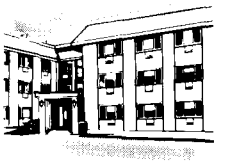

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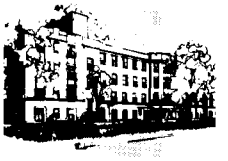

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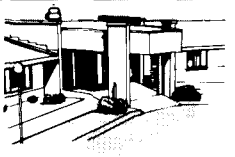

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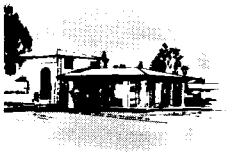

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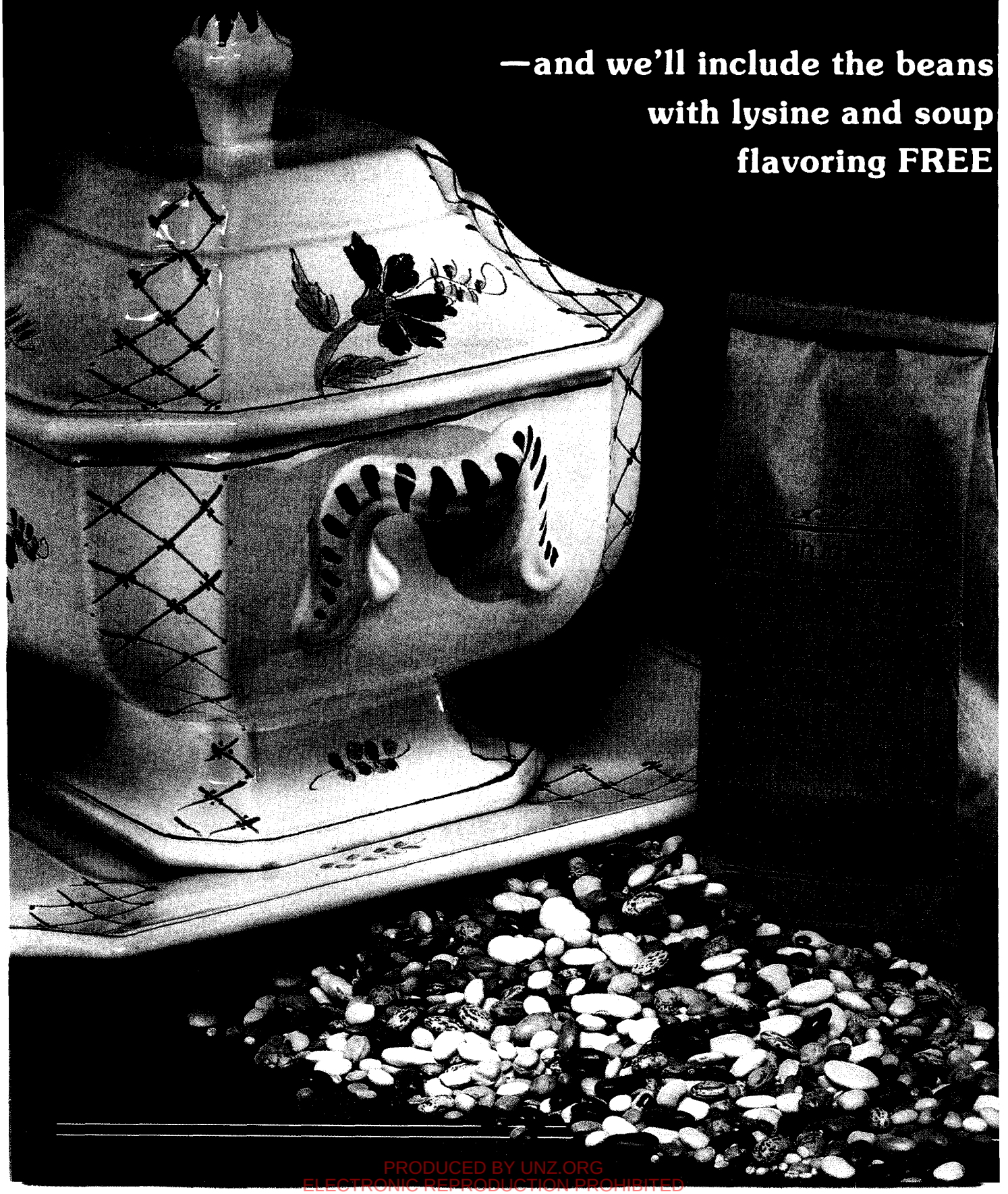

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SUGAR CITY GOES SOUR

America is facing a death in the family—the small farmer.

by Andy Rooney

Sugar City, Colorado—It isn't often a columnist gets to put a Sugar City dateline on a story, but that's where I am as I write. Sugar City is a little east of Ordway and north of Rocky Ford. Otherwise, it's out in the middle of miles and miles of not much of anything in the plains of southeastern Colorado.

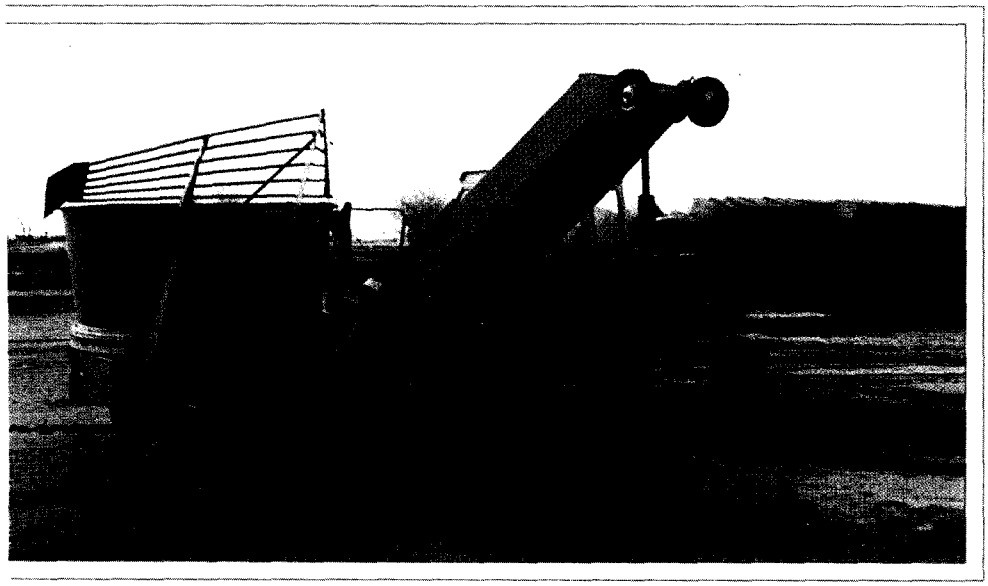
If Sugar City were a patient in a hospital, doctors would list it as critical. America is facing a death in the family. The patient on the critical list is the American farmer, and if the farmer goes, then so will the hundreds of little farm towns like this one.

We might as well face the sad fact that the farmer, whom we always have known and admired, is a disappearing breed.

Every farmer has a theory about what's wrong. There's something true about every theory, but the problem is bigger than any one of them, and none of the theories matters anyway. All that matters is that most of the farmers are going broke. They're going to have to abandon their farms. There's no sense saying they'll have to sell their farms, because there are no buyers.

With help unavailable, Albert Siegfried must work his 185 acres alone.

Such big cities as Colorado Springs are gobbling up the farmers' water in this area, and once a desperate farmer sells his water rights to pay his debts, he can forget farming.



The Siegfrieds have managed to hold on to their 75-year-old family farm, but hard times have brought restless nights.

If Norman Rockwell had been looking for a model American farmer for the cover of the old *Saturday Evening Post*, he could have used Albert Siegfried of Sugar City. Albert and Hilda Siegfried are in good shape compared to most. He's a good and careful farmer, and Hilda brings in money working as an accountant while he's in the field.

Albert works his 185 acres alone because he can't get anyone to help him, so he worries a lot about getting old. He's given up growing anything that has to be picked by hand. He has gone into the cattle business and grows mostly corn and alfalfa for the animals.

Albert buys 400 head of young cattle at an auction every spring. Each steer or heifer weighs about 400 pounds when he gets it, and he pays perhaps 72¢ a pound, or $115,000 for all 400. He takes care of the cattle and feeds them for six months until they weigh 600 or 700 pounds. Then he sells them to a feedlot. The heavier an animal is, the less it brings per pound, so he only gets 62¢, but they each weigh 200 or 300 pounds more. So Albert might collect $174,000 when he sells—if all goes right. That's the catch. In 1976, all went wrong with the price of beef, and he lost $28,000 in cold cash. He still hasn't recovered.

Even if all goes right and he collects $60,000 more than he pays for the cattle, he has to run his farm before he has anything for himself. A growing steer eats 50 pounds of food a day. Fields need fertilizer; tractors take fuel and maintenance. Everything costs money. I'll bet it's a satisfactory year when Albert has $10,000 left after expenses. I would hate to think what his hourly wages are.

"We go to bed at night pretty depressed sometimes," he says. "You wonder why you're doing all this work for nothing, but then you get up in the morning and go right back at it because that's what you've always done."

Sugar City is a microcosm. It's hard to believe our civilization can't organize its way out of this mess and save two cultures in the process. In one corner of the earth, people are starving to death for lack of food. In this corner, death comes to the farm from too much.

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This Valentine's Day...
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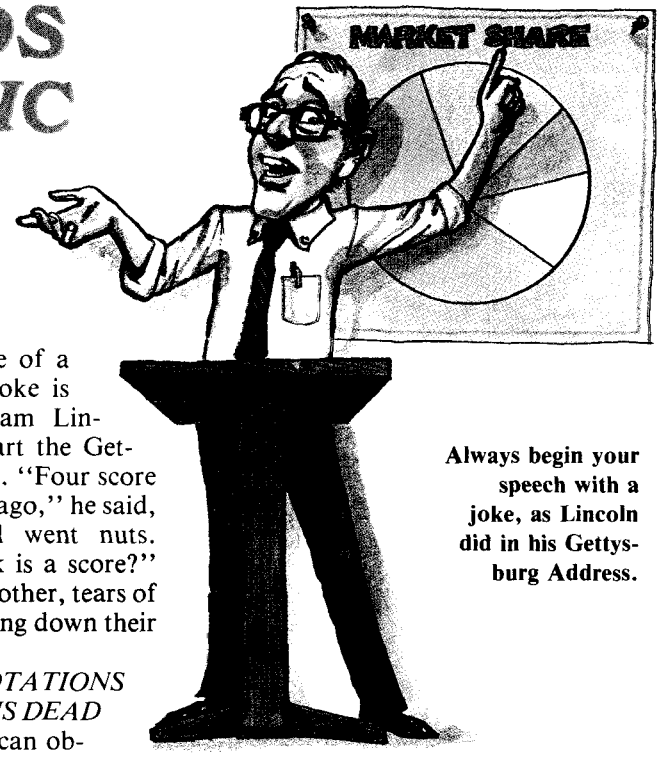
A FEW WORDS ABOUT PUBLIC SPEAKING

by Dave Barry

Illustrated by Marcus Hamilton



Always begin your speech with a joke, as Lincoln did in his Gettysburg Address.

Most people, no matter how competent they are, break into a cold sweat when they have to speak in public. This is perfectly natural, like being afraid to touch eels. But once you learn a few of the "tricks of the trade" used by professionals, you find it's surprisingly easy, and can even be fun! I'm talking here about eel-touching. Public speaking will always be awful. There are, however, some standard techniques you should be aware of:

1. *ACT VERY NERVOUS.* A lot of inexperienced speakers try to act cool and confident, which is a big mistake because if your audience thinks you're in control, they'll relax and fall asleep. So you want to keep them on their toes. Have a great big stain under each armpit. Speak in a barely audible monotone. From time to time, stop in midsentence and stare in horror at the water pitcher for a full 30 seconds. Try to create the impression in your audience that at any moment they may have to wrestle you to the conference table and force a half-dozen Valiums down your throat. After a while, they'll start to feel really sorry for you. They'll help you finish your sentences. At the end, if you ask for questions, the room will be as silent as a tomb. If anybody even starts to ask a question, the others will kick him so hard he may never walk again.

2. *ALWAYS START WITH A JOKE.* Probably the most famous example of a good opening joke is the one Abraham Lincoln used to start the Gettysburg Address. "Four score and seven years ago," he said, and the crowd went nuts. "What the heck is a score?" they asked each other, tears of laughter streaming down their faces.

3. *USE QUOTATIONS FROM FAMOUS DEAD PEOPLE.* You can obtain these in bulk from *Bartlett's Familiar Quotations*, a book of quotations nobody is familiar with.

4. *USE A PIE CHART.* This is pretty much a federal requirement for making a business presentation. The chart has to contain the words "market share."

5. *IF YOU HAVE TO SCRATCH SOMEPLACE LIKE YOUR CROTCH, DRAW THE ATTENTION OF THE AUDIENCE AWAY FROM YOURSELF VIA A CLEVER RUSE.* Like, you could suddenly point at the window and say, "Hey! What the heck is *that!!??*"

• • •

Now let's see how you'd put all these elements together. Suppose you've been called upon to make a presentation to top management from all over the country to explain how come a new product, Armpit Magic Deodorant Soap, is not selling well. Here's what you'd say:

"Good afternoon. A priest and a rabbi are playing golf. The priest hits an incredible shot, and . . .

(30-second pause)

"Staring at this water pitcher, I am reminded of the Bartlett's familiar quotation by the ancient, dead Chinese painter Ku K'ai-Chih, who said: 'Of all kinds of painting, figure painting is the most difficult; then comes landscape painting, and next dogs and horses.'

"But as this pie chart shows . . . *Hey!* What's that over there, away from my crotch!!??

"Ha ha! My mistake. But as this pie chart shows, our 'market share' for Armpit Magic Deodorant Soap is not going to improve in a day, or even two days. It's not going to improve until we figure out some way to make it stop causing the consumer's skin to develop oozing craters the size of Susan B. Anthony dollars. Thank you, and you've been a wonderful audience."

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HOME IMPROVEMENTS

AIR CLEANERS: THE INSIDE STORY

If your house has a certain air about it, here's what you can do.

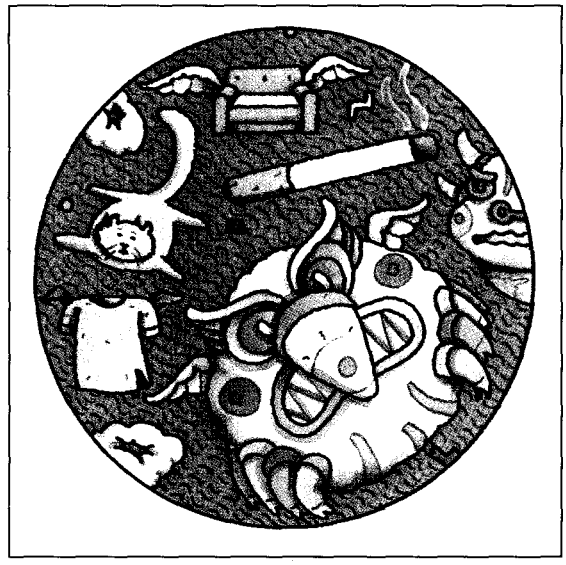
by Jack Hayes

Illustrated by Andrea Eberbach

Many people think air pollution is found only outdoors. In fact, the air in some homes and apartments—maybe even yours—holds more dirt than the air of a city street.

Do you boil pasta over an unvented gas flame? Do you warm your toes over the register of an unvented gas furnace? Do you store solvents and cleaning chemicals under your sink? Do you own new furniture or carpeting? Do you live with a crack in your basement floor? Then you're probably breathing unfriendly pollutants.

A cubic foot of air in the typical home contains approximately a million particles—microscopic bits of cooking grease, tobacco smoke, dead skin from humans and pets, fibers from furniture and clothing, bacteria, viruses, pollen, and fungi. "You wouldn't believe the number of contaminants that get spread around during a Saturday-night party with ten smokers in the home," says Robert Macriss, the director of energy-utilization research for the Institute of Gas Technology, in Chicago.



The typical homeowner should probably be more concerned about the millions of particles that may be found hanging around the house.

The problem worsens during summer and winter when you seal your home with storm windows and weather stripping to cut heating and cooling costs. Tighter homes are more energy efficient, but without proper ventilation you might as well be living on a Los Angeles freeway.

There are some inexpensive ways to reduce indoor pollution:

1. Don't smoke.
2. Have heating and cooling ducts vacuumed annually.
3. Vacuum your home regularly to reduce airborne dust.
4. Maintain proper humidity levels.
5. Make sure clothes dryers and other gas appliances are properly vented.
6. Store paints, cleaning solvents, and other chemicals outside your living area.
7. Use extra ventilation whenever new carpeting, paneling, flooring, or furniture is installed.

However, if you really want to keep indoor air pollution-free, you'll need an air cleaner. An efficient air cleaner removes most of the dust, pollen, and tobacco smoke that form particles clogging indoor air. Left alone, these particles will settle on your walls, window sills, floors, and carpets as dust or grime—or they'll end up in your handkerchief when you blow your nose.

Most people who own air cleaners appreciate them for one reason—"The dust that doesn't gather," says Richard Arnold, a field supervisor for Bartlett Air Conditioning Services, of Atlanta. When an air cleaner stops working, house dust begins showing up again. "We get called within 48 hours," he says. Efficient whole-house cleaning will probably require one of two types of central air cleaners that mount directly into the home's duct work: a media-filter air cleaner or an electronic air cleaner.

A media filter traps particles as the air passes through, much as an automobile's air cleaner does. Media filters may not seem like a bargain at $350 for only 25 to 35 percent efficiency, but they have enough filtering power to trap tobacco smoke, pollen, and dust. In fact, media filters are ten times more efficient than the ordinary panel filters found in most air conditioning or heating duct work; ordinary filters catch only very large air particles, such as airborne pollen, but not dust or tobacco smoke.

No filtering devices, however, match the 70 to 80 percent efficiency of electronic air cleaners, which can trap more and tinier particles. Electronic air cleaners are more expensive—prices start at $500—but are also more sophisticated. They work magnetically: Opposite charges attract one another. A positive or negative charge is thrown onto the air particles as they move through the electronic cleaner. Charged particles are then drawn to a collector plate holding the opposite charge. Collector plates must be cleaned regularly to maintain their cleaning efficiency, one

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drawback of this system.

If you rent your home, a central air cleaner is out of the question, unless you can talk your landlord into installing one. Renters can purchase portable units instead. Portable media-filter models start at about $50; electronic units begin at twice that amount. However, don't buy a portable air cleaner rated too small for the space; in fact, buy the largest unit you can afford. Experts warn against spending money on cheap table-top models: "Sixty percent of the 3 million air cleaners sold annually are ineffective," says Dennis Tremblay, a product manager for General Time Corporation.

Before you buy, make sure the dealer demonstrates the efficiency of the unit you're considering. "It's one thing when you're standing beside the unit," warns John Carlton-Foss, a researcher who has studied home air cleaners, "and another thing entirely when you're sitting in a chair five feet away." The Association of Home Appliance Manufacturers (20 North Wacker Drive, Chicago, IL 60606) publishes a free guide that can help you to select a portable air cleaner.

How do you operate an air cleaner? Many experts recommend running the unit continuously as long as your home or apartment remains sealed for heating or cooling. Both central and portable air cleaners should run fast enough to keep the room or the whole house constantly clean. "An efficient unit should deliver at least two air exchanges every hour," says Neville Glenn, product-development manager for the Ecologizer system.

Despite the claims of many air-cleaner manufacturers, most experts say no home air cleaner will continuously and efficiently extract such toxic pollutants as carbon monoxide, formaldehyde, and radon from your home.

Radon, which is currently considered to be a major pollutant, is an indoor problem. Experts say it is better to eliminate the source by closing the entry points. This odorless, colorless, and tasteless gas may contaminate as many as eight million homes in America and is believed to be the leading cause of lung cancer in nonsmokers.

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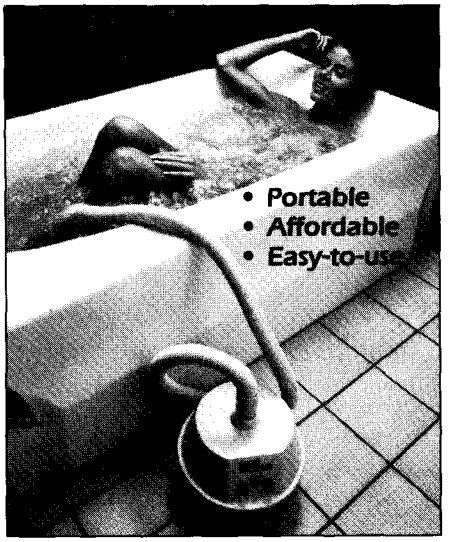

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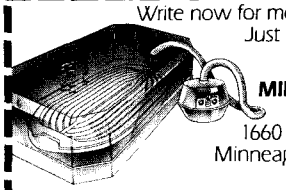

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VETS ON PETS

TEST YOUR PET IQ

If you can answer these questions about cats and dogs correctly, congratulations; you're a bow-wow.

by Francis Sheridan Goulart

A well-informed pet owner provides the best TLC for his cat or dog. How much of what you know about your cat or dog is on target? Test it out. The following information is provided by the Pets Are Wonderful (PAW) Council, the American Kennel Society, the American Humane Society, and the American Feline Society.

How true is the tale that you can't teach old dogs new tricks? You may be surprised at the anwer.

True or False?

1. No one has ever died from a dog bite.
Answer: False. Dogs put the bite on one million of us a year, the *American Medical Journal* says, and although it's rare, a dog's bite *can* be fatal.
2. Cat lovers spend $2 billion a year on cat food.
Answer: True.
3. The average dog is as smart as a three- to four-year-old child.
Answer: True.
4. Hamburger is a good food for adult dogs.
Answer: False—too much fat.
5. It costs $300 to take care of a medium-size dog for one year.
Answer: False. It's closer to $400, the Humane Society says.
6. A neutered cat gets fat, and there's nothing you can do.
Answer: False. Neutering changes the metabolism, but exercise and proper feeding will prevent obesity.
7. The gentlest of the big dogs and the one least likely to bite is the Labrador retriever.
Answer: True.
8. A high-fish diet every day is not good for cats.
Answer: True. It can cause yellow fat disease.
9. You can't teach an old dog new tricks.
Answer: False. Older dogs actually learn faster.
10. Every U.S. president has owned either a cat or a dog.
Answer: False. The six presidents who never owned anything finny, feathered, or furry were John Adams, James K. Polk, Millard Fillmore, Franklin Pierce, James Buchanan and Chester Arthur, the Dog Museum of America says.
11. Chocolate and milk give puppies worms.
Answer: False. Milk's fine, but chocolate can make a puppy sick.
12. You can catch a cold from your cat.
Answer: False. But cats do transmit streptococcus bacilli, as well as lice, rabies, and pinworms.
13. Dogs obey men better than they obey women.
Answer: True. Dogs respond to a deeper tone of voice, but when a woman has an authoritative tone, a dog does just as well.
14. The dog name Fido means "faithful."
Answer: True.
15. The most popular name for the bulldog in the U.S. is Spot.
Answer: False. It's Winston.
16. Pets should be kept warmer than people.
Answer: False. An overly warm house can disturb a cat's or dog's thermostat and cause hyperthermia.
17. A small dog is easier to train than a large one.
Answer: False. Size is not a major factor in training a dog.
18. Canine distemper is no longer a problem in the U.S.
Answer: False. There are still enough cases to warrant vaccinations.
19. Cats never need people.
Answer: False. They can become just as attached to their owners as can dogs.
20. Dogs see everything in black and white.
Answer: True.
21. Unspayed female dogs often die of cancer.
Answer: True.
22. Dogs and cats are natural enemies.
Answer: False. Dogs and cats can live together harmoniously.
23. Purebreds are smarter than mixed breeds.
Answer: False. There is no difference.
24. There are more pet dogs than cats in the U.S.
Answer: False. For the first time, cats are in the majority.
25. The four most popular "color" names for dogs are Blackie, Midnight, Yellow, and Rusty.
Answer: True.
26. When a cat rubs against you he's expressing affection.
Answer: False. He's making you a part of his territory by rubbing his scent on you.

continued on page 80

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Questions for the Vet

Dear Dr. Whiteley,

I like your column very much, but I have never seen anything about ferrets in it. My friend, Stephanie, has a pet ferret named Skipper. My mother says that I can have a hamster, but I would rather have a ferret. Can you say something in your column that would change my mother's mind?

Kim Baxley, age 12
Hammond, Louisiana

Dear Kim,

Ferrets are becoming popular as pets; they are inquisitive and cute. The males are called hobs, the females, jills, and the young, kits. Because of the musky odor of ferrets, I recommend you purchase one that has already been descented. Descented ferrets may also need frequent bathing with a mild cat shampoo.

Ferrets reach sexual maturity at approximately one year of age. I suggest that the females be spayed and the males neutered. Females not bred or spayed may have extended heat periods and produce high levels of estrogen, the female hormone, which can cause suppression of the bone marrow and a fatal anemia. If the ferret you are considering has not been descented, that procedure can be done at the same time it is spayed or neutered.

Ferrets should be fed cat food and can be trained to use a litter box like a cat. They can also be taught to walk with a cat harness and leash. If you plan to house your ferret outside, provide a shaded pen, because ferrets are susceptible to heatstroke. It should also have a private nesting box. Ferrets are very susceptible to canine distemper and should be vaccinated yearly against this disease.

Ferrets usually live 8 to 14 years. They can be delightful pets; however, a hamster would be easier and less expensive. I suggest you check out library books and become an "expert" on ferrets. Demonstrate to your mother that you will be responsible for the care and training involved. A contribution from your allowance toward the purchase and veterinary care might help convince your mother that you are serious. Best of luck!

H.E.W.

Dear Dr. Whiteley,

My cousin has been telling me about a new disease in horses called Potomac fever. I had not heard of this before and wondered if this was the same disease as swamp fever. What can I do to protect my horse, an 18-year-old paint mare?

Colleen Marchum
Orlando, Florida

Dear Colleen,

Potomac horse fever, the common name for equine infectious anemia, was first discovered in horses living along the Potomac River, in Maryland, in 1979. It has been found in states as far from the Potomac River as California.

The disease causes fever, diarrhea, colic, and depression. Obviously, other diseases can cause similar signs. Believed to be caused by a rickettsia organism, it is probably spread by ticks.

The disease can now be detected by a blood test. Treatment is usually tetracycline, an antibiotic. Tick and insect control in your horse's environment and early blood tests in case of compatible disease symptoms would be your best protection at this point.

Thank you for writing.

H.E.W.

Dear Dr. Whiteley,

My daughter has a nine- or ten-month-old male cat.

She has had him neutered and declawed. She never had any trouble until the last couple months.

She has to keep the bedroom door shut so he won't urinate on the bed. She doesn't seem to be able to break him of this habit. His litter box is kept clean, and he gets outside most every day. He is a clean, beautiful cat, so she hates to part with him.

James D. Hind
Sioux Falls, South Dakota

Dear James,

Inappropriate urination usually occurs due to bladder infections, an aversion to the litter box, or an attraction to a particular area. A physical checkup by your veterinarian would eliminate health problems. If the litter is changed frequently, the cat might object to the deodorizers, such as chlorophyll, often added to litter.

The solution in this case is to use plain sand or plain litter. If the problem is the attraction of the bed or the

continued on page 90

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POST SCRIPTS

My New Year's De-solutions

You may be disappointed, yet
I really can't profess regret;
That we've already parted
When we had barely started
Is more a flaw in your design
Than it is a fault of mine.
You were a lot of fun to make,
But, oh, so much more fun to break.

—S.H. Dewhurst

Under the Influence of Influence

After their cars collided on a curving country road, the two drivers got out and exchanged data in a gentlemanly fashion.

"You look pretty shaken up," one driver remarked. "How about a drink to steady your nerves?"

The other driver gratefully took a big swig from the offered flask. "Aren't you going to have any?" he asked.

"Not now," the first driver replied. "Not till after the police get here."

—Martha J. Beckman

Working Stiffed

"Certainly I'm seeking employment," one unemployed man said to another, "but I'm not necessarily looking for work."

—George E. Bergman

Passwords

"Hello" is a nice, safe word to greet
Those friends we pass along the street.
"How are you?" does quite well but fails
When someone stops and gives details.

—G. Sterling Leiby

Party Pooped

I really don't like parties much;
I guess I've lost my social touch.
It's come to pass, I'm sad to say,
That work is work and so is play.

—Mary Honsel

Catch-18

An avid golfer died and found himself before the Pearly Gates. "Do you have links in heaven?" he asked. Saint Peter shook his head.

"No links, eh?" the man said. "Why, you're not modernized at all!" And he turned to try his luck in the "other place."

"Do you have a golf course here?" the man inquired.

"Certainly do," an imp replied. "We have all the modern conveniences."

"Lead me to it," the golfer urged, beaming. He followed the imp until they came to a sprawling course, more magnificent than any he had ever dreamed of while alive.

"Fine," the man said. "Now, son, get me some sticks and balls, and I'll have me the game of my life."

"We haven't any," the imp replied.

"What?" the golfer shrieked. "No clubs or balls with a great course like this?"

"No, sir," the imp said, grinning fiendishly. "That's the hell of it."

—James Curnane

No End to Noel

The tree will come down;
The stand will be banished.
The gifts all put away
And the ornaments vanished.
The wreaths will be packed,
The candles will go,
But for weeks in the carpet
The glitter will glow.

—Evelyn Amuedo Wade

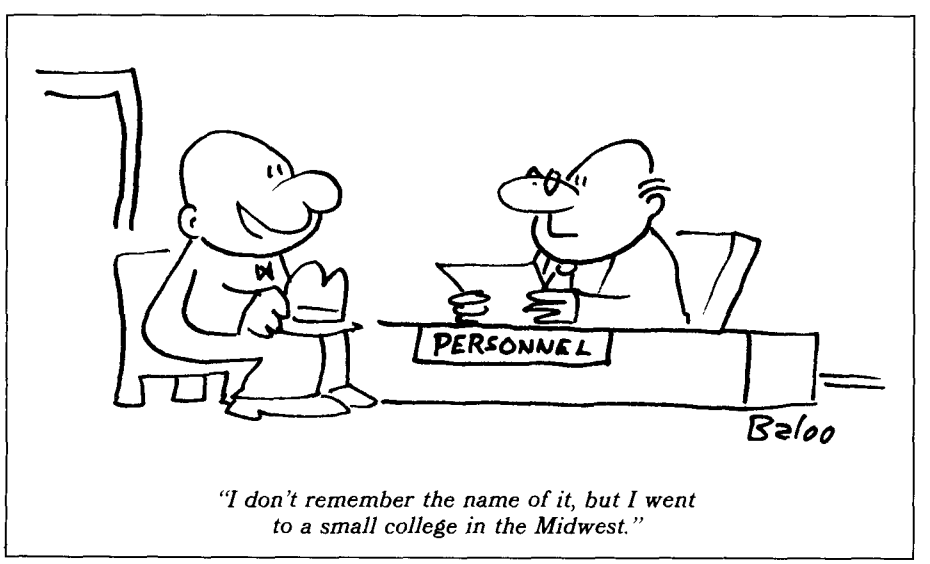
Winter Woes

When winter arrives
With its snow and its ice,
Each car owner decides
What means will suffice.

Some drivers buy snow tires;
Some drivers use chains.
Some carry snow shovels;
Some move where it rains.

I count upon luck
And always get stuck.

—Lois Leurgans



"I don't remember the name of it, but I went to a small college in the Midwest."

A Tail of Two Faces

Act I

Cats are dainty,
Cats are clean;
Cats are purry
When they dream.

Cats are playful,
Cats are fun;
Cats lie in
The morning sun.

Cats are cuddly,
Cats are cute;
Cats can clean

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Their furry suits.

Cats are kindly,
Cats are sweet;
Cats land always
On their feet.

Act II

Cats are mousy,
Cats are mean;
Cats scratch holes
In your new screen.

Cats are sneaky,
Cats are sly;
Cats will look you
In the eye.

Cats are lazy,
Cats are fat;
Cats do nasties
In your hat.

Cats are pious,
Cats are rude;
Cats stare at you
When you're nude.

—Charles Ghigna

Stork-Raving Mad

"Did the stork really bring me, mommy?"

"Yes, dear, he did."

"Was I heavy?"

"Yes, dear, you weighed eight pounds."

"Gee, mommy, did you know a stork doesn't have the wingspread to carry eight pounds?"

—Kenneth E. Hall

Buster's Last Stand

A man appealed to his wife for support of his stand that a man's judgment is superior to any woman's.

"Why, of course, dear," the wife replied. "After all, you married me, and I, you."

—Kris Lee

Everyone's Entitled

There are some who complain they
don't get their due—
Short-changed in what they're entitled
to.
Well, what I deserve hasn't come my
way,
And I've been very lucky, I'll truthfully say.

—Lida Smith

What Does It All Mean?

Neurotic: Self-taut person
Tears: Remorse code
Sarcasm: Barbed ire
Apathy: Vigor mortis
Meditation: Inner-calm system

—Trenda Leigh

"I wish you'd stop trying to make me look bad."

To Cap It All Off

For years, a woman complained about her husband's absent-minded habit of always leaving the cap off the toothpaste tube. Finally, on their 25th anniversary, he resolved to please her by replacing the cap.

After a week of this, the wife asked, "So how come you've stopped brushing your teeth?"

—Bobbie Mae Cooley

Dog of the Week

A man and his dog sat in a cinema and watched a film. When it ended the dog applauded until his front paws were sore.

"Most astounding," a nearby spectator commented.

"Yes, it is," the dog's owner said. "He really hated the book."

—K.W. Kenney

Dressed for Eve

With evening gown backless and
flimsy for flair,
There was much in her words that had
merit;
She said with a sigh she had nothing to
wear,
And darned if the gal didn't wear it!

—Richard Armour

Anyone You Know?

She'll have the last word or burst.
And what makes it mean,
She also wants the first—
And all those in between!

—Ethel M. Wegert

Chips That Pass in the Night

My VCR and my PC
Now suffer from senility;
Though shiny, new, and working fine,
They're out of date all down the line.

The half-life of such wondrous gear
Is briefer than a baby's tear;
Hi-tech, so quick to flower and die—
It's obsolete before I buy!

—Joyce LaMers

Woman's Work

"A woman's place is in the home,"
So says the modern man.
"And she should get there from
her job
As quickly as she can."

—Agnes White Thomas

The Two-edged Sword

If he rants and raves and hollers,
And argues overlong;
If he expresses indignation,
You know he knows he's wrong!

—Ruth M. Walsh

Satan's Waitin'

The lady was admired for never having spoken ill of anyone. "I do believe," a friend said, "you'd even have something good to say about the devil."

"Well," the lady responded, "you do have to admire his persistence."

—Kris Lee

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U.S. PRESIDENTS ON WAR AND PEACE

by Oscar Berger

From the time of George Washington to the present, our wars were fought to defend our freedom or to avert the threats endangering it.

Here, in the words of our presidents in history, are echoed the hopes and fears for preserving our way of life, peace at home, and peace abroad. . . .

Presidents on War

My first wish is to see this plague of mankind banished from the earth.

—George Washington

If ever there was a holy war, it was that which saved our liberties and gave us independence.

—Thomas Jefferson

Each generation should be made to bear the burden of its own wars instead of carrying them on at the expense of other generations.

—James Madison

Surely if the United States have a right to make war, they have a right to prevent it.

—James Monroe

I consider an unjust war as the greatest of all human atrocities, but I esteem a just one as the highest of all human virtues.

—John Quincy Adams

War is a blessing compared with national degradation.

—Andrew Jackson

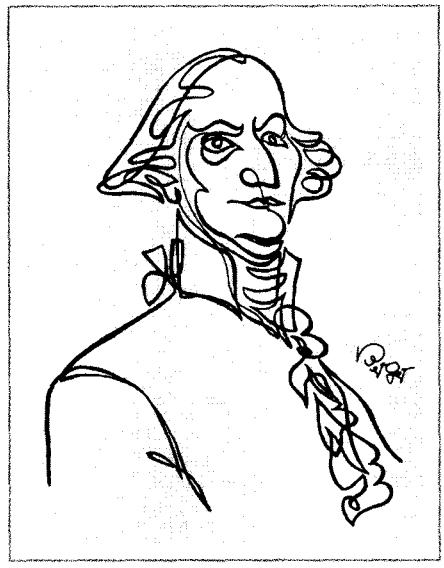
The ballot is stronger than the bullet.

—Abraham Lincoln

The civil war was a fearful lesson and should teach us the necessity of avoiding wars in the future.

—Ulysses S. Grant

I abhor violence and bloodshed. I



George Washington's temperament led him to "peace and harmony with all men."

believe that war should never be resorted to when, or so long as, it is honorably possible to avoid.

—Theodore Roosevelt

"War is hell," as one of our great generals has said, and nothing but a great and unavoidable cause can justify it.

—William Howard Taft

I can predict with absolute certainty that within another generation there will be another war if the nations of the world do not concert the method by which to prevent it.

—Woodrow Wilson

Older men declare war. But it is youth that must fight and die.

—Herbert Hoover

We cannot accept the doctrine that war must be forever a part of man's destiny.

—Franklin D. Roosevelt

I hate war. . . . There is nothing more foolish than to think that war can be stopped by war. You don't prevent anything by war except peace.

—Harry S Truman

We are against war because it is destructive. We are for peace because it is constructive.

—Calvin Coolidge

Until war is eliminated from international relations, unpreparedness for it is well nigh as criminal as war itself.

—Dwight D. Eisenhower

Mankind must put an end to war—or war will put an end to mankind.

—John F. Kennedy

Just because we have a button here that will put off a blast over yonder is no reason you want to put that thumb on that button.

—Lyndon B. Johnson

If another world war is to be prevented, every step possible must be taken to avert direct confrontation between the nuclear powers.

—Richard M. Nixon

The nations now have the capacity to destroy civilization, and, therefore, all our foreign policies must have as their one supreme objective the prevention of a thermonuclear war.

—Gerald R. Ford

The world is still engaged in a massive armament race destined to insure continuing equivalent strength among potential adversaries. We will move a step forward our ultimate goal—the elimination of all nuclear weapons from this earth.

—Jimmy Carter

We could substantially reduce the dread threat of nuclear war, to-

continued on following page

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gether—with Soviet agreement. This, like the first footsteps on the moon, would be a giant step for mankind.

—*Ronald Reagan*

Presidents on Peace

My temper leads me to peace and harmony with all men.

—*George Washington*

Peace is our passion.

—*Thomas Jefferson*

A universal and perpetual peace, it is to be feared, will never exist. . .and if any thing is to be hoped, every thing ought to be tried.

—*James Madison*

Peace is the best time for improvement and preparation of every kind; it is in peace that our commerce flourishes most, that taxes are most easily paid, and that the revenue is most productive.

—*James Monroe*

With malice toward none, with charity for all, with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in. . .to do all which may achieve and cherish a just and lasting peace among ourselves, and with all nations.

—*Abraham Lincoln*

And may He who searches the hearts of the children of men prosper your exertions to secure the blessings of peace.

—*John Quincy Adams*

Peace, above all things, is to be desired, but blood must sometimes be spilled to obtain it on equable and lasting terms.

—*Andrew Jackson*

Let us have peace.

—*Ulysses S. Grant*

It must be a peace without victory. . . . Only a peace between equals can last.

—*Woodrow Wilson*

In my own judgment the most important service that I rendered to peace was the voyage of the battle fleet round the world.

—*Theodore Roosevelt*

We in America do not build monuments to war. We do not build monuments to conquest. We build monuments to commemorate the spirit of sacrifice in war—reminders of our desire for peace.

—*Franklin D. Roosevelt*

I would rather have peace in the world than be president.

—*Harry S Truman*

People want peace so much that governments had better get out of their way and let them have it.

—*Dwight D. Eisenhower*

What kind of peace do we seek? The kind of peace that makes life on earth worth living.

—*John F. Kennedy*

And so the whole thrust, the whole purpose of this administration's foreign policy—whether it's Vietnam or the Middle East or in Europe, or in our relations with the developing countries or with the Communist powers—is to meet our responsibilities in such a way that at last we can have what we have not had in this century, a full generation of peace.

—*Richard M. Nixon*

We owe it to our children, to the children of all continents, not to miss an opportunity, not to malinger for one minute, not to spare ourselves or allow others to shirk in the monumental task of building a better and safer world: a world of peace.

—*Gerald R. Ford*

There are risks involved in achieving any goal, and no goal can be higher than the search for peace. In war, we offer our very lives almost as a matter of routine. We must be no less daring, no less steadfast, in the pursuit of peace.

—*Jimmy Carter*

As for the enemies of freedom, those who are potential adversaries, they will be reminded that peace is the highest aspiration of the American people. We will negotiate for it, we will sacrifice for it, we will not surrender for it—now or ever.

—*Ronald Reagan*

The eagle on the president's seal holds arrows of war and the olive branch of peace.

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As an example of the awesome skills McKeever has, he accepted $500,000 from a group of investors over a year ago, and under his management that fund is growing, at last count, by 573% per year!

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McKeever says, "I put together the Omega Strategy because I'm absolutely positive we're heading into tough times, and most Christians' finances right now are a disgrace."

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- Get control of your cash flow
- **Get money to invest if you have none**
- Find out which types of savings or investments are best for **you**
- Reduce your taxes in legal ways
- Begin making investment profits that
  —are safe enough for your needs
  —are large enough to stay **at least** 5% above inflation
- Learn how to make financial decisions that are pleasing to God
- Learn how to set higher goals and *meet* them
- Be able to arrange your affairs so that the coming years of economic troubles bring you profit, not loss

The Omega Strategy will bring *all* your financial facts and records together into one self-explanatory, easy-to-scan system.

You'll be making your major financial decisions based on a strategy that is scientifically accurate, Biblically sound, and easy to understand. You'll love it.

Who Is Jim McKeever?

The creator of the enormously successful Omega Strategy is also an ordained minister, the author of five Christian books, and the editor of *Endtime News Digest.*

But his name is best known in financial circles. As the publisher of the *McKeever Strategy Letter,* he speaks at investment conferences around the world and has shared the platform with Ronald Reagan, Gerald Ford, William F. Buckley, and Howard Ruff.

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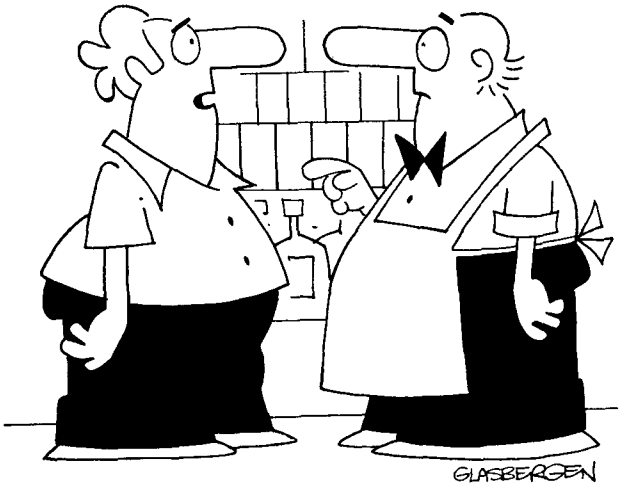
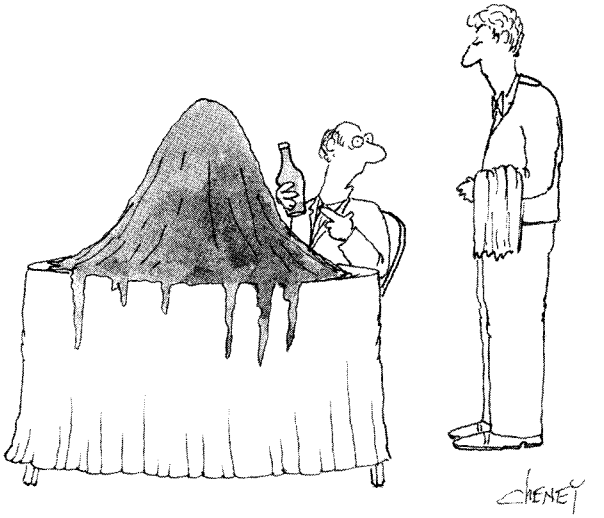


"I don't want a diet drink that tastes like lemons or grapes! I want a diet drink that tastes like pizza or cheeseburgers!"



"Honest! All I did was tap the bottle twice!"

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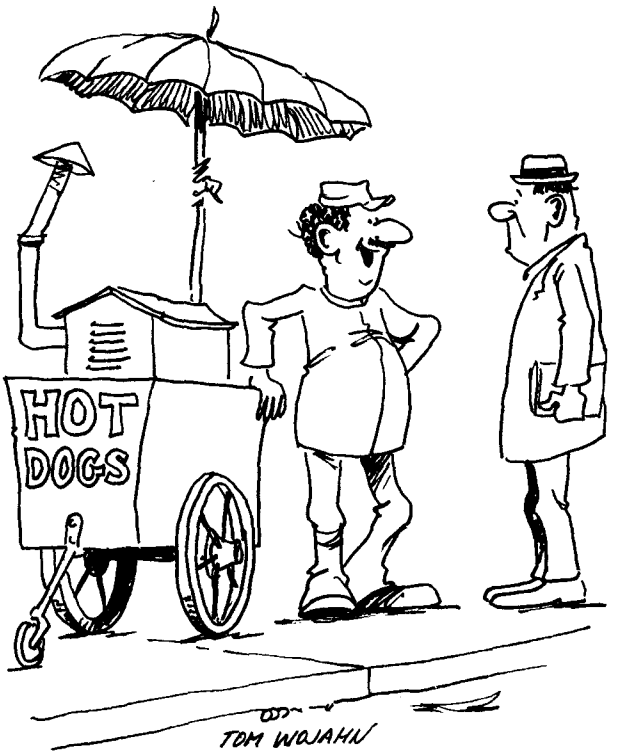

"One hot dog—and will that be to go?"

"The kid's sunk a few bucks into promotion."

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ANGELA LANSBURY: SOLVING SUNDAY NIGHT BLUES

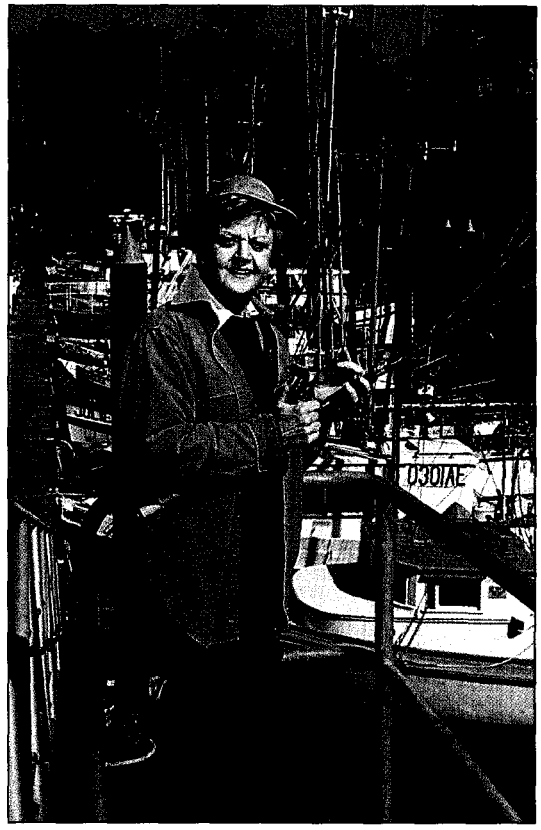
Veteran of stage and screen, victor over personal tragedy, she may have found the best role of her career on TV.

by T. Klein

Okay, sleuths! Interested in solving a mystery? Try this puzzle: A television series bucks all the trendy formats of prime-time TV; omits all car chases, violence, and dashing macho heroes; and substitutes one talky drawing-room scene after another in place of action, action, and more action. It even supposes its viewers are cerebral, thoughtful creatures who try to guess—even *out*guess—plots that often have more twists and turns than the letters in Mississippi. Couldn't possibly be successful, right? Wrong. Week after week the show is among the highest rated on TV. Your task: to identify who's responsible, the motive, and the weapon.

If you guessed Angela Lansbury, ego and money, and a vast reservoir of acting talent, then you probably know more about TV than most of the would-be Sherlocks running the networks. Lansbury, the winner of four Tony Awards and one Emmy, and a two-time Oscar nominee for best supporting actress, is soaring where such audience favorites as Mary Tyler Moore, Lucille Ball, and Valerie Harper have lately sputtered. She's taken her own show, "Murder, She Wrote," and made it a hit. "Murder" has even outnumbered "60 Minutes," becoming the highest-rated program on beleaguered CBS. If Lansbury, 61, isn't the hottest actress on TV, she's certainly the most unlikely talent working in a medium often known for its lack of it.

It hasn't come easy, though. Nearly two decades ago Lansbury wondered if she would ever act again. When her children succumbed to the addiction of drugs, she called a halt to her flourishing career to save her family. But with that ordeal now far behind, Lansbury is again at the top of her craft. Ask her "Murder" coworkers about the star, and praise gushes forth. "Angela is innately warm and eminently lovable," says Peter Fischer, the cocreator and executive producer of "Murder." "What you see on screen as Jessica Fletcher is really Angela Lansbury—kind, generous, humorous, extremely personable."



Angela's character, Jessica Fletcher of Cabot Cove, Maine, is a successful murder-mystery writer who frequently stumbles upon the real thing.

Unmasking the real Angela Lansbury, who has always been accustomed to meaty character roles, was always a dilemma. "I've never played a person who was close to my age until Jessica," she says. The reason had a lot to do with the risk of rejection. "At the beginning, Angela was filled with trepidation," Fischer says. "She had always submerged herself into another character. She was nervous. If the audience didn't like her as herself, it would be devastating."

For years Lansbury frowned on the proposition of her own television series. "I figured it would burn me out," she says, "that I would become so familiar it would never enhance my career." Indeed, the stage had captured the fancy of her heart early on. "The theater had first call on my talents," she says. "I genuinely thrill to the excitement of a live audience." Yet three years ago, at the age of 58, this "video virgin" changed her mind about TV. Why? "Primarily, I was motivated by ego," she says. "I wanted to play to that huge audience just once."

After reading the script for the two-hour pilot of "Murder," originally intended for Jean Stapleton (who declined when her husband passed away), Lansbury was hooked. "I was immediately taken by Jessica," she says. She was also taken by the prospect of playing a middle-aged woman, since such women are a big part of the viewing audience. "She's not very often represented as a vital and intelligent being," Lansbury says. That was part one of Lansbury's motive; part two: "My husband particularly felt I should at least scratch the surface of TV. Financially, there's a tremendous amount of money in it—and without too much work, we thought." Given a steady diet of 12-hour days on the set, that was her only error.

But Lansbury has remarkably few errors to recall in a career that spans four decades. Singing and dancing all through her childhood in London, Lansbury was influenced by her mother, the actress Moyna Macgill, a florid figure of the British stage. The family, including Lansbury's half-sister, Isolde, and younger twin brothers, Edgar and Bruce, suffered when their father, a lumber merchant, died

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Why is a Broadway and Hollywood star consorting nowadays with TV vets Claude Akins and Tom Bosley? Lansbury's $1 million-plus salary may have something to do with it.

in 1934, when Lansbury was nine. Six years later, the family fled to the United States to escape the horrendous bombing of London during World War II.

Overcoming these upheavals, Lansbury rose quickly to fame. She settled in New York and won a scholarship to drama school; soon she was performing a lively musical-comedy act in such nightclubs as Roseland and the Blue Angel. A year later, in 1942, she joined her mother in Hollywood, where Angela sold cosmetics at a department store while struggling as an actress. When George Cukor saw her screen test a year later, Lansbury was given a seven-year contract to MGM by Louis B. Mayer, and she very nearly cornered the character-actress market. Her first part, as Charles Boyer's sexy maid in *Gaslight*, earned her an Oscar nomination for best supporting actress. Her second role was as Elizabeth Taylor's older sister in *National Velvet*, which she followed up in 1944 with *The Picture of Dorian Gray*, a part that earned her a second Oscar nomination.

A critical favorite, radiating equal parts sweetness and sizzle, Lansbury was quickly ensconced in the role of youthful character actress. "I kept wanting to play the Jean Arthur roles, and Mr. Mayer kept casting me as a series of venal bitches," she says. But in retrospect that may have proved a blessing. "I never had those chocolate-box looks they wanted for romantic leads in those days. But as a character actor I achieved two things—first, a healthy sense of my offscreen self and my private life, which I learned to keep separate from my screen characters. And second, a longevity of career that has outlasted many of the leading ladies who relied on their looks," she says.

In 1949 Lansbury wed an Englishman, Peter Shaw, later an MGM executive and agent, who now oversees her career exclusively. They had two children, Anthony in 1952 and Deirdre in 1953. Barely slowed by motherhood, Lansbury flourished, playing older women in *State of the Union, The Manchurian Candidate,* and *All Fall Down.* She was even cast as Elvis Presley's mother in *Blue Hawaii*, although she was only ten years his senior. Then came real stardom. In 1966 Lansbury ran through 20 costume changes and a panoply of dances as she dazzled Broadway in *Mame*, which brought her a Tony award for best actress and a reputation as a consummate pro.

But all was not rosy. "Frankly, I wish I had spent more time with my family and less time making mediocre movies in those days," she says now, knowing the troubles that plagued her family. Home was then in Malibu, a playground of hedonism and abuse. "Both my children, but particularly my son, became involved with drugs," she says. By the time he was 15, Anthony was using cocaine and heroin; Deirdre was also experimenting with drugs. A rehabilitation hospital failed to cure Anthony of his addiction. Then, more pain: Lansbury's mother died of throat cancer, and in 1970 a brush fire

Writers of murder mysteries need to know their subject matter from top to six feet under. Thus, Jessica's familiar bike takes her here to the town cemetery.

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completely destroyed the family's home.

Lansbury was in shock; the pain was overwhelming. But reading a message from the tragedy, she and her husband decided to flee. They landed with their family in Cork, Ireland, and purchased a romantic 19th-century country home set on 20 wooded acres and surrounded by colorful Victorian gardens. The setting was idyllic; the environment, drug free. "The children needed me," she says. "Their father, who had also left his job, and I were determined to do everything we could to make a home where the family could be together and have a new beginning." Lansbury describes herself at the time as a cook and gardener. "I seriously believed I would never go back to work again."

As the wounds within her family healed, the actress yearned for the stage. Urged by her husband, Lansbury made a tentative return to the British stage with the Royal Shakespeare Company in Edward Albee's *All Over* and in 1973 was asked by Arthur Laurents to star in the West End revival of *Gypsy*. A year later, the show moved to Broadway. She says it was obvious to her that leisurely life in Ireland was over when Hal Prince called in 1978 and asked her to be in *Sweeney Todd*. The show won eight Tonies, including best musical of 1979, and reestablished Lansbury as a master of her craft.

The big mistake Lansbury made was underestimating the work involved in starring on a weekly series. Free moments are rare to Lansbury, who often describes herself as a nun to television. Her days are never less than 12 hours, but never more, since she called a halt to longer workdays. "It was rough going for her the first season," Fischer says. "But I think she's enjoying the show and enjoying her popularity. I know she's enjoying the money." But Lansbury, who reportedly makes upward of $1 million per season, is worth every dime. Who else could pull off Jessica Fletcher, a sweet woman whose tiny town seems to have the highest murder rate anywhere? "Angela's wonderful to write for," Fischer says. "It's a once-in-a-lifetime experience."

Meanwhile, success hasn't made Lansbury believe that the art of television requires much artistry. "Series acting is a technique that is quite particular unto itself. There's nothing really required beyond being able to sustain a scene and learn your lines and have attitudes," she says. Quite different from the stage and the movies, TV hardly even requires intelligence, Lansbury says: "It's paper thin, that's what it is. If you try to look behind the eyes of a lot of television actors, there's absolutely nothing going on."

Not the case with Lansbury, who plans to call a halt to "Murder" when her five-year commitment to the show is over. The actress devotes some of her occasional spare time to groups that fight child abuse, domestic violence, and the battering of women. She also reads and dreams of creating a garden and watching the flowers grow. But who has the time? Not Lansbury. "I think Angela will never again stop devoting herself to mother-henning her family so that the old problems never arise," her husband says. It's also unlikely that she will ever stop acting. "I can't help it—I love it," she says. "When I die, they're going to have to carry me off a stage." But they won't have to ask who done it, because Lansbury leaves her mark wherever she goes.

Angela (here, with guest star Arthur Hill) strikes a classic shamus pose. One unsolved mystery: why it took so long for TV to discover her winning Sunday-night formula.

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THE DOOR-TO-DOOR SALESMAN: AN ENDANGERED SPECIES

The "hot doorbell" and a myopic dog that mistook his leg for a fire hydrant are just two reasons this ladies-underwear representative retired from the selling game.

by Maynard Good Stoddard

Illustrated by Don Trawin

How long has it been since you've had the satisfaction of slamming your front door on a salesman's foot?

Can't remember, right? That's because the door-to-door salesman is fast going the way of the stickleback, the day gecko, the Hawaiian dark-rumped petrel, and other endangered species. Blame it on the convenience of neighborhood shopping malls and shop-at-home services if you like. But I know the No. 1 reason. One can't very well have participated in the door-to-door selling game for 15 years without knowing the No. 1 reason.

The ordeal began during my sophomore year at the University of Michigan. I had sailed through the first year nicely on my lifetime savings of $600. But by the second year I was faced with the decision of either taking a part-time job or giving up the habit of eating. As fun-loving fate would have it, I signed up to sell ladies lingerie door-to-door.

As I was fresh off the farm, my background in feminine underpinnings extended no further than the Sears, Roebuck catalog. Oh, I could distinguish between a girdle and a horse harness, but that was about it. My "training," which lasted all of five minutes, did nothing to relieve the thought that I never should have left the farm. It consisted of the proper procedure for measuring a woman's leg for our "personal fit" silk stockings—ankle, calf, and, so help me, thigh. Then I was to determine the correct length by having a woman stick her foot in a loop of tape and running the tape up her leg. As high as 38 inches! You try that on a five-foot girl and you've got trouble, Buster.

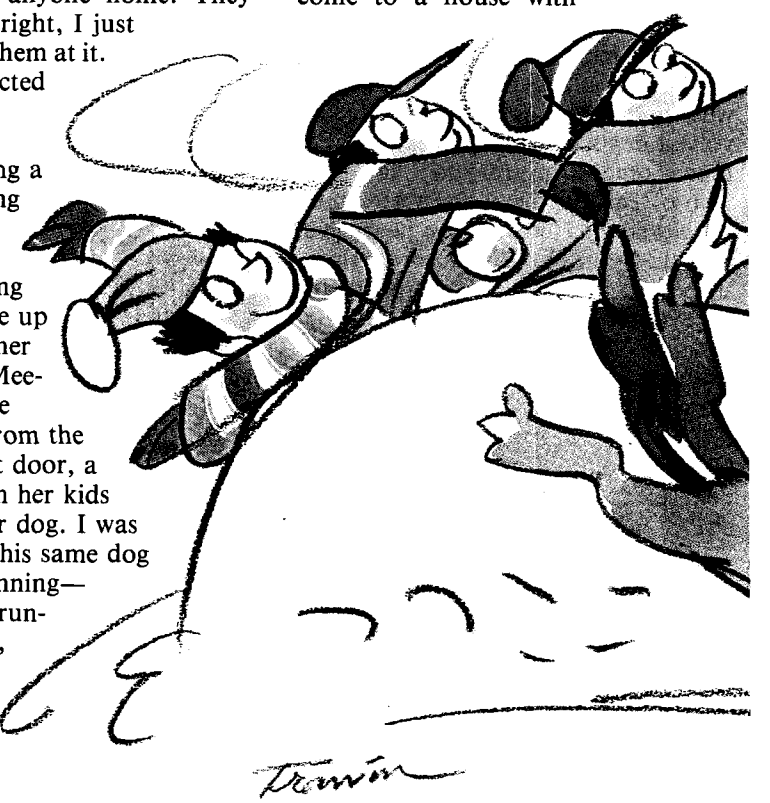
Now that I was trained, the "trainer" put me into his car, along with an old beagle hound he said his kid had dragged home from school the day before, and drove us out to what he called—if you'll excuse the expression—"virgin territory." The dog rode in the front seat.

According to the sales manual, discovered later in a pocket of my sample case, the trainer should have made the first few calls with me before turning the territory over for me to deflower. But once he saw the knee-deep snow, he suddenly remembered an appointment back at the Michigan Union, leaving the hound and me and my trusty tape measure to face the world.

I guess you could call it beginner's luck, because for the first block I couldn't catch anyone home. They were home, all right, I just couldn't catch them at it. Not that I expected to be greeted like a long-lost husband carrying a Tiffany shopping bag, but at one house the shades were being pulled as I came up the walk. Another house had a "Meezles" quarantine sign swinging from the doorknob. Next door, a woman called in her kids and let out their dog. I was confronted by this same dog three houses running—and I do mean running. Up ahead, a woman dashed out with a bucket of water to ice her front steps.

By this time I discovered I was serving as a rallying point for every stray mutt and prereform school kid in the neighborhood. Sometimes I'd dodge a little sled. Sometimes I'd duck a little frozen snowball. Sometimes I wouldn't. The dogs that weren't worrying my genuine cowhide sample case were worrying me by jockeying for pole position on my ankles. When finally this myopic old hound that had ridden out with me mistook my leg for a fire hydrant, I said to myself, "To heck with a sale, I've got to get in somewhere out of the dogs and kids!"

That's when I made connections with my first "hot doorbell." I had come to a house with



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uncrayoned siding and a cat with a full-length tail on the porch rail. So naturally I pegged it as a house without kids or a dog. And when I spotted an old gentleman sitting in plain view behind the picture window and smiling and nodding as I approached, I took him to be perhaps a retired door-to-door man—or at least one of those rare people with a bosom fairly sloshing with the milk of human kindness. It was probably at that moment that the sadistic old goat was throwing the switch that sent some 5,000 volts into the doorbell system.

At any rate, one second I was pushing that innocuous-appearing doorbell button, and the next second I was lying flat on my back at the foot of the steps with my underwear samples scattered from hell to breakfast.

For all their shortcomings, that contingent of kids helped me to my feet and, accompanied by ribald remarks that belied their age, collected my wares. I don't know what I'd have done without them. I do know what I would have done with that one little loudmouth had my misaligned hip allowed me to lay hands on him. He followed me into the next block yelling, "Hey, mister, you left a pair of ladies' pants hanging in the pine tree!"

Making the daily sales quota the trainer had set for me was by now furthest from my mind. Closer by far was nursing my hipbone back into its socket and then finding a bus stop. Unfortunately, I hadn't accomplished either when I happened to pass a house where a woman was unloading groceries from her car. The devil said, "She's a sitting duck. If you limp up and give her a hand, how can she refuse to look at your stuff?" And for once he was right.

So there we were in her living room, remnants of my samples spread out on the sofa and across the coffee table, when she happened to glance out the window. "Oh, my gosh, it's my husband!" she exclaimed. "I don't know what he'll think about this!"

Grabbing up my stuff and jamming it into the case, I said, "Where's the back door?"

She said, "We don't have one."

I said, "Where do you want one?"

But believe it or not, here is where I got my first two orders: "Get out and stay out!"

Safely out in the snow again, I was reminded of a story the trainer had told me on the way into this virgin territory. One of his recruits who wasn't doing well finally got so desperate that when a woman answered his knock on the door, his sales pitch was, "Would you like to see some nice merchandise?" She of course said no. Then he asked, "Would you mind if I stepped in and looked at it? I haven't seen the stuff in two weeks."

Was that a bus stop I saw before me? It was. Was that a kids' snow fort on my way to it? It was. And out from behind it came this deluge of runny-nosed kids, yelling such endearments as "Yer a funny-lookin' man!" "How come you walk that way?" "Whatcha comin' to our house for?" "Hey, ma, here comes a peddler!" and "Here boy, here boy!"

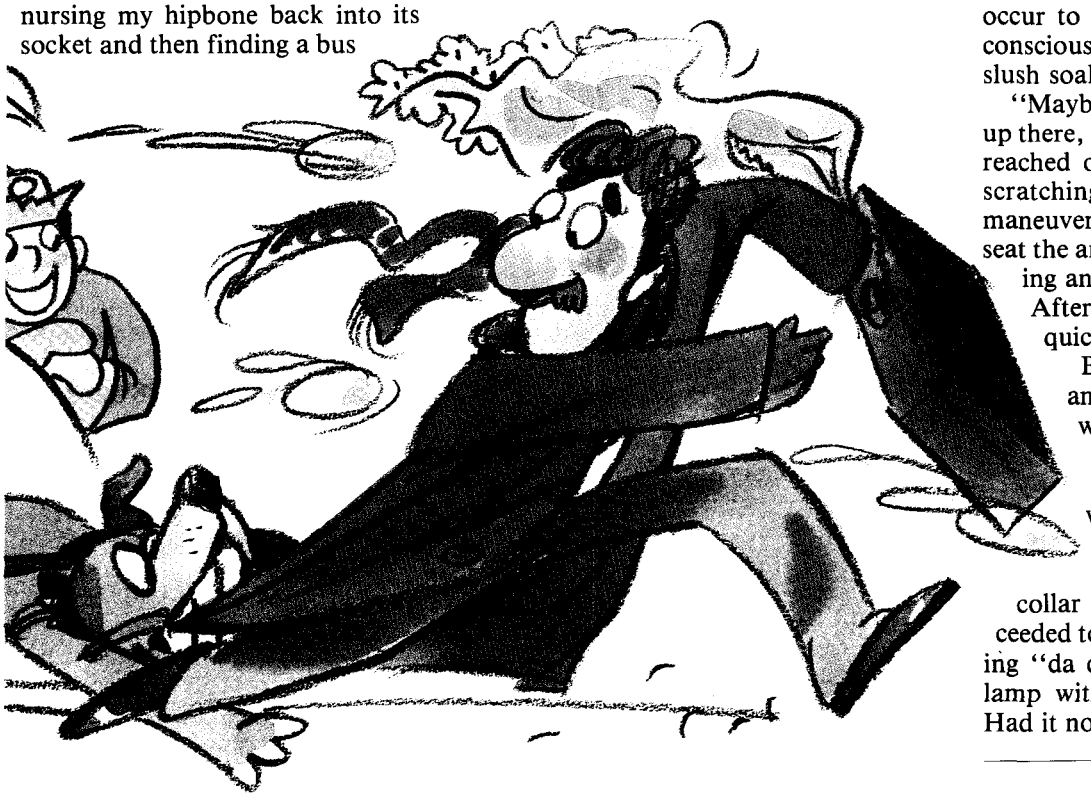
Before I could tell them that I wouldn't come to their house if ma were Princess Di and Charles were on an expedition to the moon, Boy, a Russian wolfhound with a thyroid condition, came charging out from behind the garage. Ma, to her credit, dashed from the front door in time to grab him before he could nail me. And while she restrained the slobbering beast, the little man of the family slipped around and bit me in the leg. No kidding, my calf still bears the scars where his dear little teeth were embedded.

With things going so well, ma had no choice but to usher me into the house. With any luck at all I'd have tripped over the welcome mat and gone directly to the hospital instead.

"I'll take your things," ma said the minute I was seated, giving me to think that finally I had a live one. But no, she was just clearing my lap so the dog could jump up and dry his feet and not mess up the carpet. Not until he had churned my slacks into proper consistency for a bed did the thought occur to ma that I might be clothes conscious to the point of not wanting slush soaking through to my shorts.

"Maybe the man doesn't want you up there, Boy," she remonstrated and reached over to force him down by scratching his head. By skillful maneuvering I finally managed to unseat the animal, but not before impaling an ear on a spike in his collar. After that, things went downhill quickly.

Before I could get my pants and shorts separated, his place was taken by the baby, casually attired in wet diapers. Not that it mattered a whole lot. After planting about 23 hours of an all-day cherry sucker on the collar of my white shirt, she proceeded to keep out of mischief by tying "da did bad woof" to the floor lamp with the ends of my necktie. Had it not been for ma's noticing the



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TORVILL & DEAN: SO NICE ON ICE

Is it sport or dance? Whichever, it brought this British skating team a gold medal in the 1984 Olympics, and it is attracting capacity crowds on their tour of the United States and Canada.

by Donald Chase

The two gray-clad figures are at opposite ends of the glassy ovoid expanse, man and woman, separate entities, spinning in their own orbits. Then, inscribing ever widening arcs, they sweep past each other and make eye contact—momentary but definite. Coming together at the center of the ice, they flirt—quick, light movements. Then all pretense at lightness vanishes. Irresistible impulse takes over as he holds and lifts and twirls her and she attaches herself to his left foot while with his right he guides her back and forth—to the ends of the earth—and then again to the center—where they become one. But an interloper—call it "reality"—is soon felt if not seen, and the couple disengage, to return to their original positions, separate again.

• • •

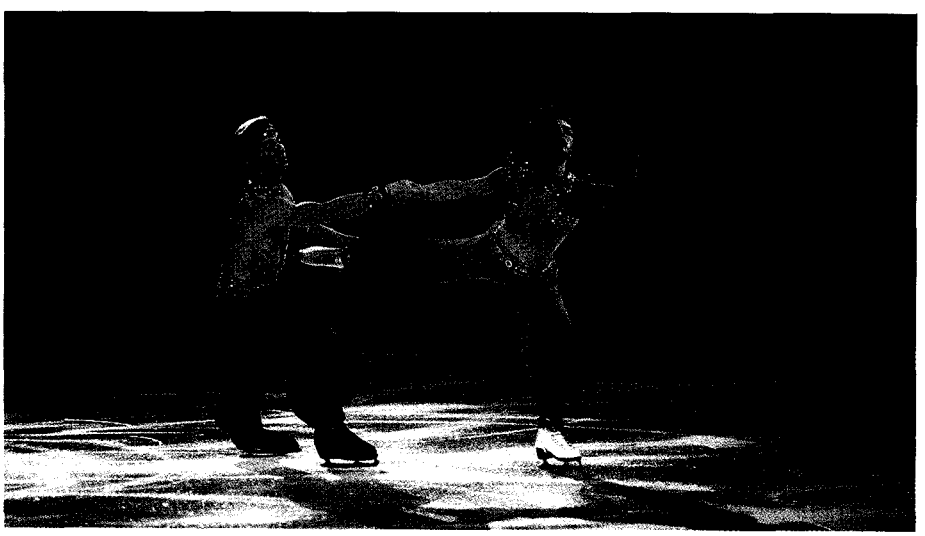
"It's called 'Encounter,' " Christopher Dean says of the routine he and Jayne Torvill, his partner in winning the 1984 Olympic ice dancing gold medal, had been rehearsing at New York's Sky Rink. The British pair, having returned to their hotel suite, are trying to relax during what is supposed to be a month-long break in their world tour. They and their company of 16 other skaters have just ended a series of engagements in Canada; they are soon to play the American dates beginning with a benefit performance in suburban Washington, D.C., for Nancy Reagan's Drug Abuse Fund and continuing through February.

From the moment Jayne and Christopher teamed up in 1975, they seemed to skate and think as one, bringing to their art a whole new kind of enchantment.

"It's like all our numbers in that it tells a story set to, or inspired by, music," continues the blond, compact, 28-year-old Chris. " 'Barnum,' which is also part of our current show and which is set to music from the Broadway show of the same name, is all about the circus, from the opening fanfare, to the ringmaster, to the clowns, to the trapeze artists and tightrope walkers. In 'Paso Doble,' [set to music by Rimsky-Korsakov and performed at the Olympics] I'm a bullfighter and Jayne actually becomes an inanimate object—my cape. 'Encounter' [set to music especially commissioned by a friend named Michael Reed] is, of course, about a couple who meet by chance, have a short, passionate involvement, and then go back to their own lives, which have nothing to do with what happened between them.

"Lots of people ask, 'What *is* it you're doing? Is it sport or dance?' Though we think that skating has the ability to make that crossover from sport to the side of dance and entertainment, we don't feel we have to label it. We skate to please—that's what we do."

Whatever "it" is, it's also probably more pleasing to others than pure sport (which lacks its emotion-charged narrative element) or pure dance (which, lacking ice, lacks the speed and fluidity it allows). And whatever it was before and up to the time of the Olympics, it's something more now. "By the Olympics, we'd already begun to feel stifled by the rules and regulations of amateur competition," 29-year-old Jayne Torvill says of the team's development. "Certain holds you're not allowed to do. You're not allowed to hold your partner's skate [as she does in "Encounter"] or to do more than three revolutions in a spin. You can't lift above the waist. It's all for reasons of definition, to give guidelines, so that the judges can evaluate everyone on an equal basis, and because you have



Torvill & Dean's tour of America will continue through February; the highlight, they say, was their benefit performance for the Nancy Reagan Drug Abuse Fund.

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only four minutes to present your piece. Practically everything we do now would not stay within those guidelines."

Not that going outside guidelines and doing more than what was expected—or even thought possible—is anything new to Torvill and Dean. Their success amounts to what Chris describes as "a fairy story." Yet while both he and Jayne say fate, that great mover of people and events in fairy tales, played a part in it, they quickly add that so did determination, hard work, and a love of skating.

Their story began in Nottingham, England, where both skaters were born and reared, each as an only child. "Spoiled brats!" Chris jokes, and Jayne tempers that with: "Sometimes parents of only children try very consciously *not* to spoil them. I was always told, 'Remember, now, there's always someone better than you are.' "

Jayne began skating at age nine, first as a member of a school group. She not only "enjoyed it," as she evenly admits; she, Chris tattletales, "used to go out to the center of the ice when the car arrived to take her home, so that they couldn't find her. In my case," he adds, "I started at ten because we were then living in a small village on the outskirts of town and my parents thought that skating might be a way to get out of the village and meet other kids."

No mistakes about it, Torvill & Dean's triumphant performance of "Bolero" and the "Paso Doble" at the 1984 Olympics marked them as the world's finest ice dancers.

Jayne wasn't necessarily the first kid he met, though they were certainly aware of each other and even ice-danced together a few times during their teens. But they had other partners, Jayne as a pair (figure) skater, Chris as an ice dancer, as they moved up through the rungs of British amateur competition.

In 1975, their secondary-school educations complete, they teamed up as ice dancers. Within a year they moved into the international arena and placed first at St. Gervais and second at Oberstdorf while winning, in England, the Sheffield Trophy and the Northern Championship and placing fourth in the British Championship. By 1980, after two more British Championships, fourth place in both the European and World Championships, and fifth place in the Olympics at Lake Placid, they were still holding down full-time jobs, Chris as a policeman, Jayne as a secretary.

"It was a very hard time," Chris remembers, "because we'd be going on the ice to train at two or three in the morning after I'd finished a shift, or five or six in the morning before Jayne went to work. It came to the point where we felt we couldn't go on doing this—especially since we knew that the couple who'd finished just ahead of us in the World Champion-

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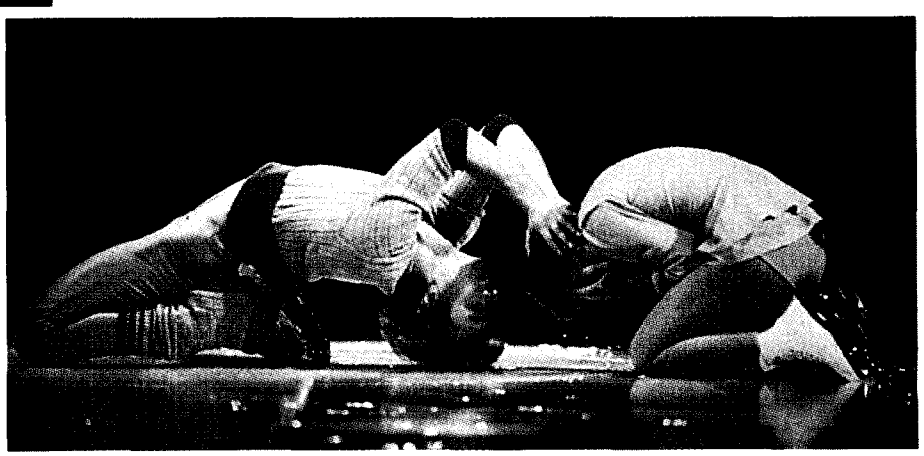

In traditional pairs figure skating, the woman is "presented" as the star (left), but Torvill & Dean's unique partnership gives Christopher equal prominence in such routines as the moving "Encounter" (above).

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FIGHTING DRUGS ON ICE

First Lady Nancy Reagan and the ice dancing team of Olympic gold-medal winners Jayne Torvill and Christopher Dean join forces in the war on drugs.

by Paul SerVaas

On a Sunday afternoon in November, ice skaters Jayne Torvill and Christopher Dean performed a charity benefit in Landover, Maryland, for Nancy Reagan's drug-abuse prevention efforts. It was a seriously good time—serious because of the cause, drug abuse; serious because of the security concerns for Nancy Reagan; and serious because of the level of skating performed that day.

After a brief awards ceremony, young children wearing "JUST SAY NO" T-shirts were greeted individually by Nancy Reagan. She kissed each one on the cheek and whispered something into their ears. She had a bittersweet look in her eyes, as if she were saying, "Thank you so very much for being drug free. I'm sorry we had to interrupt your youth to make you aware of the problem." Sadly, it made me think of getting bad news first thing in the morning. The timing is useful, I suppose, because you then have all day (or the rest of a child's life) to address the problem. But unless there is *hope* it sure can put a damper on the day!

Offering hope to children is hugely satisfying. I could see it in the eyes of the drug-abuse program directors Mrs. Reagan introduced. They are in the drug-abuse trenches. I have no doubt that the $150,000 raised at the event will be well spent. They and people like them represent the 99 percent perspiration that Thomas Edison said was necessary in any successful endeavor. Edison also insisted that one percent inspiration was necessary.

I'm not sure if it's really possible to measure the impact inspiration has on people. It means leaping out of bed to face your problems instead of being destroyed by them. That is why Torvill & Dean's performance was so precious. Looking back on it now it seemed so delicate and ephemeral. Together with their troupe they showed what rich and improbable inventions were possible by working together. The show was wonderful. The music, the costumes, the lighting, the choreography. . .it was all wonderful. The children enjoyed the fast numbers while the adults had their heartstrings thoroughly yanked by the subtle, romantic gestures of the slower numbers.

I could never be an objective judge of skaters. To me their personalities are too entwined with what they do. Jayne Torvill is as poised and gracious as they come. She enjoys a sense of timing both on and off the ice. Both she and Chris seem to understand life and life cycles. I sensed that their own lives have been closely run and that they truly understood the importance of giving children a drug-free start.

After the performance there was a small reception held at the arena's Capital Club. I heard the busboy tell the bartender, "Strange crowd—no one's eating free food." That was because they all were waiting in line to meet the principals of the show—Nancy, Jayne, and Chris.

Many of Washington's elite were in the room. One of them remarked to Christopher Dean about how terrible policemen can be without remembering that Chris is a former policeman. The irony was not lost on Chris. He remarked softly, "I don't know; when I was a policeman, I usually only gave warnings." He was surrounded by people, but I'm not sure anyone heard him. For an instant, I could picture Chris back on his beat in England, kindly chastising some wrongdoer. Today, he is a symbol to children everywhere of why it is important that they not abuse drugs.

All of us are obliged to brighten the corner where we are. Torvill & Dean showed us how far you can go with this approach On a gray November day, even self-absorbed Washingtonians took note.

After performing a charity benefit, Torvill & Dean present Nancy Reagan with checks totaling $150,000, which she turned over to Tom Adams of the JUST SAY NO Foundation and to Joyce Nalepka of the National Federation of Parents for Drug-Free Youth.

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(I understand that if I decide to become a World Vision Childcare Sponsor, I'll send my first $20 payment within ten days. If not, I'll return the materials so someone else can help.) SI

☐ I prefer to make my first payment immediately. I enclose $20.

☐ I can't sponsor a child right now, but would like to contribute $_____.
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Name_____

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MORE ABOUT ESTROGEN SKIN PATCHES

Preliminary results of the Post *Survey show 78 percent of 1,822 women responding had difficulty during menopause, and for 58 percent the problems continued during the postmenopausal period.*

by Cory SerVaas, M.D.

Our Menopausal and Postmenopausal Survey in the *Post*'s December issue struck a responsive chord in many of our women readers. Within a week of publication, we had received 1,822 responses, and they are still pouring in—enough, in fact, to provide some interesting preliminary results.

Just on the face of it, before analyzing the results, we can say, "Women—take heart. You are not alone." Many of our menopausal and postmenopausal respondents are suffering or have suffered psychological as well as physical symptoms, and of those who have been given estrogen replacement therapy, the majority have had relief.

About 78 percent of women suffered menopausal symptoms ranging from hot flashes to sleeplessness, mood swings, and palpitations. And though for some women many of these symptoms are manageable, others are made completely miserable.

Exercise, estrogen, and calcium seem to work together to keep some postmenopausal women merry and productive well into their 80s. Avoiding broken hips and broken spirits for our senior women is a worthwhile pursuit of gerontologists and endocrinologists.

One woman we talked with, Lucy Peters, is a textbook example of the latter. She is the president of her own international corporation, Lucy Peters, Ltd. For nearly four years she endured disabling hot flashes as often as every 15 to 20 minutes. Fatigue and irritability led her, she told us, to the point of "becoming totally irrational." She especially didn't like the way she was treating her employees. "I was grouchy all the time," she said, "and I knew that I was being unjust at times. . .flying off the handle about little things that normally would not bother me."

To avoid other people, she began working late at night; she couldn't sleep anyway, not while experiencing hot flashes every 15 or 20 minutes throughout the night. She could only "catnap."

For some inexplicable reason, the oral estrogen she had taken for almost five years after undergoing a surgical menopause had ceased to be effective. Her "chronic and very serious" menopausal symptoms had returned with a vengeance. Not only did they disrupt her normal sleeping habits, but the anxiety they caused led to overeating. She gained 60 pounds in a year. "I couldn't stand myself," she said. "My self-image was destroyed."

Lucy was without help for almost four years until she joined a study at New York University Medical Center conducted by Dr. Lila E. Nachtigall and began wearing the new transdermal estrogen skin patch. She noticed an improvement right away, she told us, and in fact she couldn't believe it. "Within a week," she said, "I was fine again." Eventually, she lost almost all the excess weight she had gained. Now, her business life is back to its normal hectic pace, and she seems to be enjoying it.

Another estrogen patch beneficiary is Rita Reiman, an active, tennis-playing grandmother and professional speech therapist. Mrs. Reiman had originally been on oral estrogen until hearing that estrogen pills might cause cancer. She abruptly stopped taking the pills, but her postmenopausal symptoms returned. "My bones ached. I was hot; I was cold," she recalls. A blood test failed to find any estrogen in her body.

Then she went to Dr. Nachtigall, who put her on pills again, but in conjunction with progesterone—a safer combination. Mrs. Reiman continued on estrogen pills for two years until joining the transdermal estrogen study conducted by Dr. Nachtigall at New York University Hospital. Mrs. Reiman told us she found using the patch more reassuring than taking pills because the estrogen bypasses the liver, reducing the likelihood of side effects.

The estrogen supplementation may well be saving her from osteoporosis. She noted her mother suffered from a

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severe case of the bone-destroying disease, but so far she has shown no symptoms herself.

A letter from Pat Saylor brings up questions which may also interest readers:

Dear Dr. SerVaas:

I thoroughly enjoyed reading both articles in the December issue of *The Saturday Evening Post* regarding estrogen therapy ("Might Estrogen Prevent Memory Loss?" and "Is an Estrogen Skin Patch for You?"). I have a question that was not addressed in either article: Should a woman who has had a complete hysterectomy take progesterone?

I had a hysterectomy at age 50. My mother had breast cancer at age 40 and had a complete mastectomy. Will taking progesterone help prevent breast cancer? I hope I'm not too late in writing to you to receive an answer in your next issue.

I am currently taking 250 mg of Ogen daily. I have tried taking less but have many hot flashes. I also have memory loss and difficulty in concentrating. My skin is dry; I suffer from vaginal itching and wake up often at night. Also, I have noticed a remarkable loss of sex drive since my surgery.

I feel I am too young to be suffering with so many menopausal problems, and I am going to ask my doctor if he will prescribe the estrogen skin patch. He thinks it is possible that my system may not be absorbing all the estrogen I take orally, as some may be lost in the stomach acids.

I would like to have your opinion and advice on my taking progesterone, which may help prevent breast cancer, and testosterone, which may help my libido.

Sincerely yours,
Pat Saylor

We think Mrs. Saylor's physician is probably right in suggesting that her system may not be absorbing all the estrogen she takes orally. We know that some people lose their ability to absorb substances efficiently from their GI tract. His theory that some of the estrogen may be lost in the stomach acids might also be valid. We certainly were impressed with the interview we had with Mrs. Lucy Peters, for whom the oral estrogen had simply stopped working for some reason. We hope Mrs. Saylor will respond again if she is placed on the estrogen patch. Perhaps our surveys will indicate how many women are helped with the transdermal estrogen patch and how many are able to use lesser amounts to achieve the same results.

We asked Dr. Nachtigall, an endocrinologist who has been working in estrogen research for many years, whether or not a woman who has had a complete hysterectomy should take progesterone. As we suspected, she feels that progesterone should be included with *all* estrogen therapy, whether or not the uterus has been removed.

Dr. Lila Nachtigall is a reproductive endocrinologist who has worked in the field of estrogen replacement research for twenty years. She believes many of the personal tragedies resulting from menopausal symptoms could be avoided with better education and early treatment.

We also asked Dr. Nachtigall, "Will taking progesterone with estrogen therapy help prevent breast cancer?"

"For a scientific answer," Dr. Nachtigall said, "I can tell you about the group that I had in the Goldwater Memorial Hospital study, where I had a double-blind control. In 1987 it will be 20 years that I've followed these women. We now have 1,200 patient-years of people on estrogen/progesterone, maybe more. Twelve hundred patient-years, and the statistics say 1 out of 16 women should have breast cancer. Even if we don't use the patient-years, out of our group of 64 women in a lifetime, statistically we should probably have six breast cancers. And we *do* have six breast cancers in the group that were not on estrogen. We have only *two* breast cancers in the 64 on estrogen, and they were both picked up very early and are considered cured. That's more than 20 years. People talk about short-term, but you can't tell from short-term results. But the long-term you can."

In Dr. Nachtigall's book, *Estrogen: The Facts Can Change Your Life,* published by Harper & Row, she discusses the first ten years of this long-term study, published in *Obstetrics and Gynecology* in 1979. "We compared women taking estrogen/progesterone with women taking placebos (sugar pills). Both doctors and patients were unaware of which patients received which medication, and the code would not be broken for ten years. Before the study began and every six months thereafter, each woman was examined and tested.

"After ten years, the results were identified. They showed a positive and protective effect when estrogens were combined with progesterone. In spite of the facts that higher dosages of hormones were used in the study than are normally taken by menopausal women today and that the therapy continued much longer than most women use it, there were *no* cases of endometrial *or* breast cancer among the women treated with estrogen replacement therapy. In the placebo group, however, there was one endometrial cancer and four breast cancers during the ten years, closely matching the national average for this age group."

In her book, Dr. Nachtigall discusses breast cancer and estrogen further: "The most recent and the largest important study of breast cancer and estrogen therapy was done by Dr. R. Don Gambrell, Jr., of the Medical College of Georgia. Gambrell studied 5,563 postmenopausal women for seven years. . . .His work showed that (1) women on estrogen alone had a lower incidence of breast cancer than women who took no hormones; and (2) women on both estrogen and progesterone had an incidence even lower than that. This led Gambrell to state, 'Combined estrogen/progesterone treatment significantly decreases the risk for breast cancer.' "

We asked Dr. Nachtigall whether she believes the progesterone might protect against breast cancer. "Well, I think it *may*," she said. "Dr. Don

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Gambrell thinks it does, but all the patients I have on estrogen are also on progesterone because I wouldn't keep them on estrogen without it, and so I think it *may* be protective."

We asked Dr. Howard Fillit, a gerontologist at Rockefeller University, about Pat Saylor's question as to whether testosterone would help her libido. "Well that's a very interesting question," he said. "A study in 1986 by Barbara Sherwin showed that testosterone does affect libido in women who have undergone a surgical menopause [as Ms. Saylor has]. And the interesting thing about it is that the brain cells, even in women, may respond to testosterone. There is data, even in the recent literature, by some very well-respected scientists in this field in exactly the kind of situation that this lady is in, which is the surgical menopause, showing that testosterone actually may be better than estrogen in increasing libido. Again, it's a research question more than a clinical question. I don't know in practice whether a doctor would be willing to give a menopausal woman testosterone, and I would recommend that she first get on adequate doses of estradiol by using the patch and then see how she feels."

He went on to explain that the Ogen that Mrs. Saylor takes is a natural estrogenic substance, but it's not estradiol. "In postmenopausal women," Dr. Fillit said, "they lose most of their estradiol, and the predominant form of estrogen becomes estrone sulfate, which is much less active as an estrogen compound and estrogenic hormone. And what she's taking in the Ogen is estrone sulfate, so she's not really taking estradiol at all, and she would need higher doses. So there's good reason to think that if she did switch to the patch she would get relief, and in fact, she's quite right in saying that there's no reason why she shouldn't be able to find relief. Probably the reason why she can't is because of the nature of the medication she's taking. So if she was in my practice, however, I would definitely recommend her to switch over to the patch for relief, and I think she's quite right."

Many other women have written letters that show they are confused about estrogen. Typical is this one from Gisela Whited:

Dear Dr. SerVaas:

I am 50 years old, had a hysterectomy with removal of ovaries about five years ago due to a large fibroid tumor (benign). Right after surgery I received Premarin estrogen and felt quite well while being on it. After one year I stopped using it because I was afraid of breast cancer. As your article points out, maybe I reacted too prematurely. Well, anyway, I did not feel well during the 1½ years that I was off the Premarin. My bones felt as if they had weights on them and I had trouble with my joints, so I went on the Premarin again for a limited time because I worry about breast cancer. So, now I am without any estrogen therapy, and I do not feel well, still have hot flashes, etc. The reason I am worried about breast cancer is that I have had a couple of cysts in my breasts. Biopsy and removal of the cysts showed they were benign.

Lucy Peters, a busy executive, suffered mood swings, and intercourse was so painful she avoided it. Estrogen skin patches changed this dramatically.

My question to you is: would the skin patch be alright for me, even though I have the tendency to develop cysts? I understand that the reasoning now is that just because a woman develops cysts does not necessarily mean that she is more prone to breast cancer, isn't that right? Those cysts would not be estrogen sensitive (responsive) the way some breast cancers are, would they? . . .

Gratefully,
Gisela Whited

Because the answers to Ms. Whited's questions are quite complex, we're forwarding her letter to Dr. Nachtigall for reply.

In reviewing Dr. Nachtigall's new book, *Estrogen: The Facts Can Change Your Life*, I found an excellent excerpt entitled, "Do You Need a Gynecologist?":

"Every woman, especially after 40, should have a complete pelvic examination at least once a year and every six months if she is on medication such as hormone replacement. Many generalists and internists consider the female reproductive system part of their bailiwick and routinely do all their own pelvic exams. If they run into a question or a problem they can't handle, they will (or should) send you to a gynecologist who is a specialist in the female reproductive processes.

"This is perfectly legitimate, to my mind, though I believe that specialists are always best when anything out of the ordinary is taking place in your body. A gynecologist sees many more cases of vaginal infections, delivers more babies, has dealt with more women at menopause, is more knowledgeable about estrogen replacement therapy, and is more likely to have kept up with the most recent developments in the field than an internist.

"In most cases, it would be ideal for you to have a general doctor *and* a gynecologist. You should see the internist or family doctor once a year for a complete checkup and the specialist at least once a year for a pelvic examination, whether or not you think you have a problem.

"And let's not forget the reproductive endocrinologists, like myself, who specialize in women's glands and the hormones they secrete. The endocrinologist has always trained first as an internist or gynecologist before going on to this more sophisticated field.

"You will never see an endocrinologist as a matter of routine, but only when there is a question of hormonal dysfunction. If you are having great difficulties, if there are questions about whether or not you should have hormone therapy, if there are doubts about how the ther-

continued on page 100

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Preliminary Results of Estrogen Survey

for Menopausal and Postmenopausal Women

Below are the answers from the first 1,822 respondents to our survey.

During your menopause, do you or did you suffer from any of the following symptoms?

	YES	NO	NO ANSWER
• Memory Loss	525	997	300
• Difficulty Paying Attention	501	1,016	305
• Difficulty Concentrating	626	946	250
• Depression	921	702	199
• Irritability	1,002	610	210
• Anxiety	1,006	629	187
Did your symptoms continue after menopause?	862	613	347
Have you had hot flashes?	1,424	350	48
Did they wake you up at night?	1,068	315	439
Have you had hot flashes within the last month?	672	699	451
Have you ever taken estrogen for menopausal or postmenopausal symptoms?	1,198	596	28
During the time you took estrogen did any of these symptoms improve?			
• Hot Flashes	845	116	861
• Sleep Disturbances	519	167	1,136
• Depression	529	240	1,053
• Irritability	519	117	1,186
• Anxiety	489	146	1,187
• Memory Loss	183	112	1,527
• Difficulty Paying Attention	222	86	1,514
• Difficulty Concentrating	247	111	1,464
Did you require medicines such as antidepressants or tranquilizers during the menopause?	306	1,189	327
Did you require psychotherapy?	97	1,440	285
If you are postmenopausal, are you taking estrogen for:			
• Prevention of Osteoporosis	508	811	503
• Hot Flashes	423	855	544
• Mood Disturbances	229	976	617
• Painful Intercourse or Vaginitis	375	910	537
• Urinary Incontinence	151	1,026	645
• Painful Urination	57	1,115	650
• Frequent Urination	206	1,004	612
Do you plan to take estrogen for long-term replacement therapy			
• to prevent osteoporosis?	822	589	411
• to prevent cardiovascular disease, strokes, and heart attacks?	641	588	593
Have you had osteoporosis?	310	1,236	276
Have you lost height?	523	1,096	203
Have you suffered fractures of the vertebrae?	121	1,623	78
Have you suffered a broken hip?	36	1,718	68
Have you suffered other bone fractures?	307	698	817

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WHY DID MY SISTER GET LUNG CANCER?

When a nonsmoker who hasn't lived or worked around smokers gets primary lung cancer, could it be because of radon gas in the home and/or a hereditary alpha$_1$ antitrypsin deficiency? If we knew, perhaps we could help prevent this rare occurrence.

by Cory SerVaas, M.D.

Primary cancer in the lungs of nonsmokers is extremely rare. For this reason, we were shocked and incredulous when my sister, Dorothy, was given the diagnosis of bronchogenic adenocarcinoma. She had never smoked in her life, she had never lived with smokers, she had never even been exposed to smokers. Having lived in rural Iowa on a farm near a small town, she had never been exposed to any known pollutant.

After the disbelief and shock of her cancer diagnosis and the surgery, we began making inquiries about possible causes of lung cancer in nonsmokers. Of the 160,000 deaths from lung cancer each year, most are caused by smoking, either by the victim himself or by those around him. The affliction is rarely found in people who have had no association with tobacco.

We began searching for the possible cause of my sister's lung cancer. She had the upper left lobe of her lung removed. If we could just find what caused the cancer to develop there, perhaps we could prevent a recurrence in her remaining lobes. If Dorothy has been doing something or breathing something that caused the lung cancer to develop, we would certainly want to find out what it is.

The Centers for Disease Control tells us that at present radon is the largest single cause of lung cancer in nonsmokers. The CDC has been frequently quoted as saying that this naturally occurring radioactive gas may be responsible for 5,000 to 20,000 lung-cancer deaths per year in the United States. I believe these figures, however, include those lung-cancer victims who not only breathed radon but also smoked. Radon trapped in cigarettes has long been a concern. It is known that smoking and radon exposure is worse than additive—it compounds the harm.

Radon rises from the ground in varying amounts in most parts of the country. It is harmless outdoors, but when it accumulates in high concentrations inside a house, exposure to it over long periods may be lethal.

Dorothy's family hung a charcoal-bag radon detector in her basement for three days, and the radon level tested at 8.3 picocuries per liter, more than twice the level the Environmental Protection Agency has set as the action level—at 4.0 picocuries per liter or greater, the EPA recommends that steps be taken to reduce the amount of radon gas entering the home.

Further testing will be necessary to determine the extent of the problem in Dorothy's home, but in the meantime, her family is investigating ways of lowering the radon level. Radon usually enters from the soil, so basements and crawl spaces exposed to open earth usually have the highest concentrations in a house. Lower pressure inside a house draws gas out of the soil; it seeps in through cracks and openings and is pulled up into the higher parts of the home.

Several features of Dorothy's basement make it susceptible to radon problems: cracks in the concrete slab, hollow-block walls, a sump pump, and a wood-burning stove. The cracks in the floor can be sealed with silicone caulking, as can the joints between the floor and walls and open-

Dorothy and Paul TerLouw never complain or lose courage because their Iowa farm is in jeopardy. Now the same faith in prayer keeps them in good spirits and optimistic that Dorothy's lungs will be healed. An active volunteer, Dorothy worked on experiments in blood clotting with pigs fed garlic. When their pastor travels, his children enjoy the TerLouw farm hospitality and Dorothy's superb cooking. Her grandchildren adore her.

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ings around loose-fitting pipes. Sealing hollow-block walls is a more difficult problem; where the top of these blocks connect with the floor of the house, openings may be exposed, providing a passageway for radon from the soil through the hollow spaces in the blocks and into the living area. These blocks can be sealed with foam caulking and various other materials, but the task is difficult and probably requires professional help. Radon flow *through* concrete blocks and other porous building material can be greatly reduced with a carefully applied coat of waterproof paint or epoxy sealant on the interior side.

If done properly, sealing alone may be sufficient to reduce the radon to acceptable levels in homes with marginal problems. Before-and-after tests with fan depressurization equipment and tracer smoke—or a good whole-house ventilation system and incense smoke—can show if all entries are sealed.

Sump pumps like the one in Dorothy's basement are prime suspects for radon entry. These can be boxed up and sealed tight, then vented to the outside with a special fan. This can be a particularly effective means of radon control since it is drawing air from *under* the basement slab through the sump pipe and tile system, taking the radon outside before it seeps through the floor.

Increasing the air pressure in the house, particularly in the basement, is another way of reducing radon intake. When the pressure is lower inside the house than in the soil, a "chimney" effect is created, drawing gas upward like smoke up a chimney. Sealing the basement off between floors will help keep the pressure up and the radon contained downstairs. Fresh-air intakes on furnaces, dryers, and stoves (such as the one in Dorothy's basement) will prevent them from drawing air out of the basement and lowering air pressure. For more effective pressurization control, radon-control specialists like Retrotec USA can install a system that will pressurize the basement slightly, just enough to prevent radon from being drawn in.

Increasing the ventilation is a simple, inexpensive way to reduce radon levels in a home. The easiest way to do this is by opening windows on two sides of the basement; air will flow through and take radon out with it. Window fans can increase ventilation even more, but the fans must blow fresh air *into* the house; exhaust fans pulling air out may lower the interior air pressure and actually pull more radon out of the soil.

Of course, opening windows and blowing in fresh air will make Dorothy's house an icebox in the middle of an Iowa winter, so this isn't a practical long-term solution for her home.

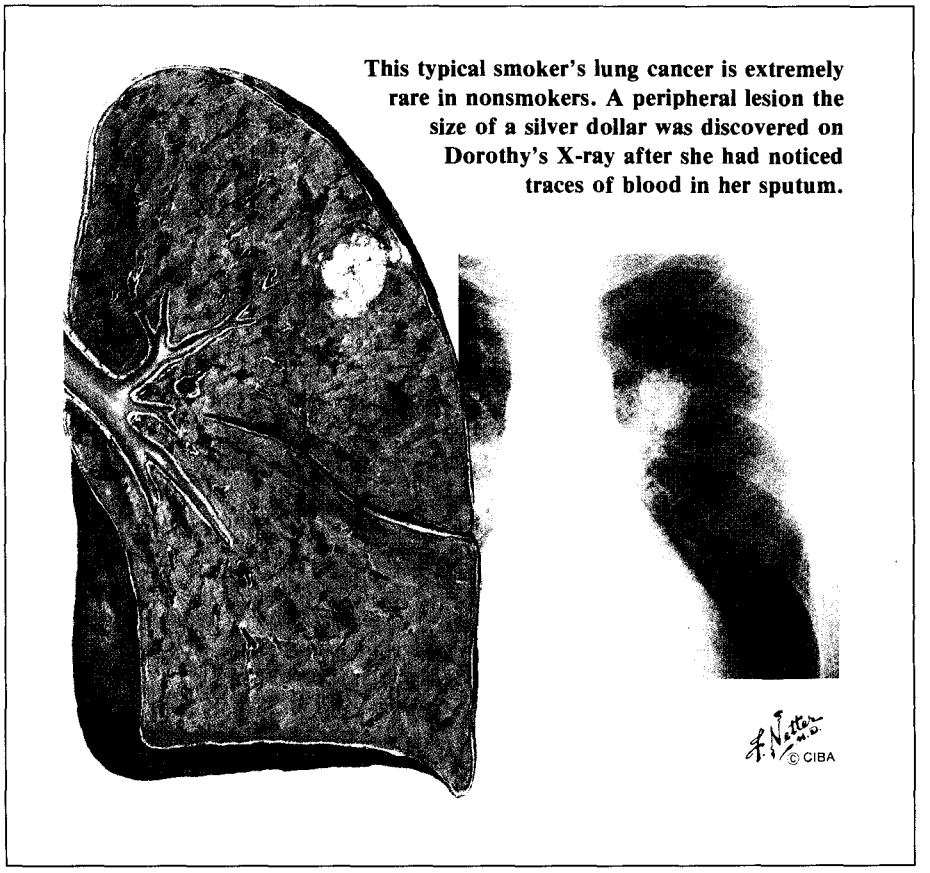
The effectiveness of any of these methods of radon reduction depends upon the characteristics of the house, the route of radon entry, and the thoroughness of the work performed. Sometimes a single method may be sufficient, but often—especially where levels are high—several methods will need to be combined to reduce radon levels to acceptable levels. Professional consultation is probably a good idea before taking action.

We set out to learn more about radon in Iowa. Our son Paul, an engineer, helped put us in touch with a nuclear physicist in Iowa who had checked 42 homes in the Des Moines area. Three of the homes he checked were in the vicinity of Pella, where my sister lives. Thirteen of the 42 homes he checked had radon above 4 picocuries per liter, which the Environmental Protection Agency considers to be the action level for radon exposure.

In the December issue of the *Post* we published a map prepared by the EPA that showed no high incidence of radon in Iowa. The caption beneath the map explained that even though some states didn't have shaded areas indicating high radon levels, this did not mean that no radon existed there. It might simply mean that the homes in the state hadn't been tested yet for the presence of radon. This was the case for Iowa.

When we found Paul's contact, Dr. Conrad Weisfenbach, in the physics department at Cornell College in Mt. Vernon, Iowa, he explained that no one particularly suspected Iowa. Areas with the highest radon concentrations are thought to be those that have large amounts of granite in the soil. Iowa has no granite, Dr. Weisfenbach explained, except for the glacial drift brought down from granite areas in Wisconsin.

Dr. Weisfenbach is now checking 127 homes for the Linn County Health Department in Iowa. He explained that the latest concensus is



This typical smoker's lung cancer is extremely rare in nonsmokers. A peripheral lesion the size of a silver dollar was discovered on Dorothy's X-ray after she had noticed traces of blood in her sputum.

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that 1 out of 100 nonsmokers would get lung cancer from a lifetime (60 to 70 percent of his time) in a house that had 4 picocuries per liter of radon present. For every 4 picocuries per liter increase in radon, there is a 1 percent greater chance for lung cancer in the person breathing the radon-contaminated air during a lifetime of exposure. Dr. Weisfenbach explained that the EPA had recently adjusted this calculation to a 1 percent risk for every two picocuries per liter of radon over a lifetime's exposure. "What the EPA is saying," he told us, "is that radon is the most important pollutant we've ever faced."

We asked Dr. Weisfenbach more about the levels in Iowa. "The highest levels that are found in Iowa are not nearly as high as the levels found in Pennsylvania, for example, or parts of New Jersey, where they've discovered 2,000 to 3,000 picocuries per liter on occasion," he told us. "In central and eastern Iowa, levels may reach 15 or 20 picocuries per liter, and the average level in these parts of Iowa is higher than the estimated national average," he said.

Of the 42 houses Dr. Weisfenbach tested, 13—or 31 percent—had levels higher than 4.0 picocuries per liter. The average level for houses in and around Pella was 2.1 picocuries per liter during the nine or ten months he had detectors in the houses. "And that did not include November, December, and January," he added. "During those coldest winter months the radon levels are a little bit higher.

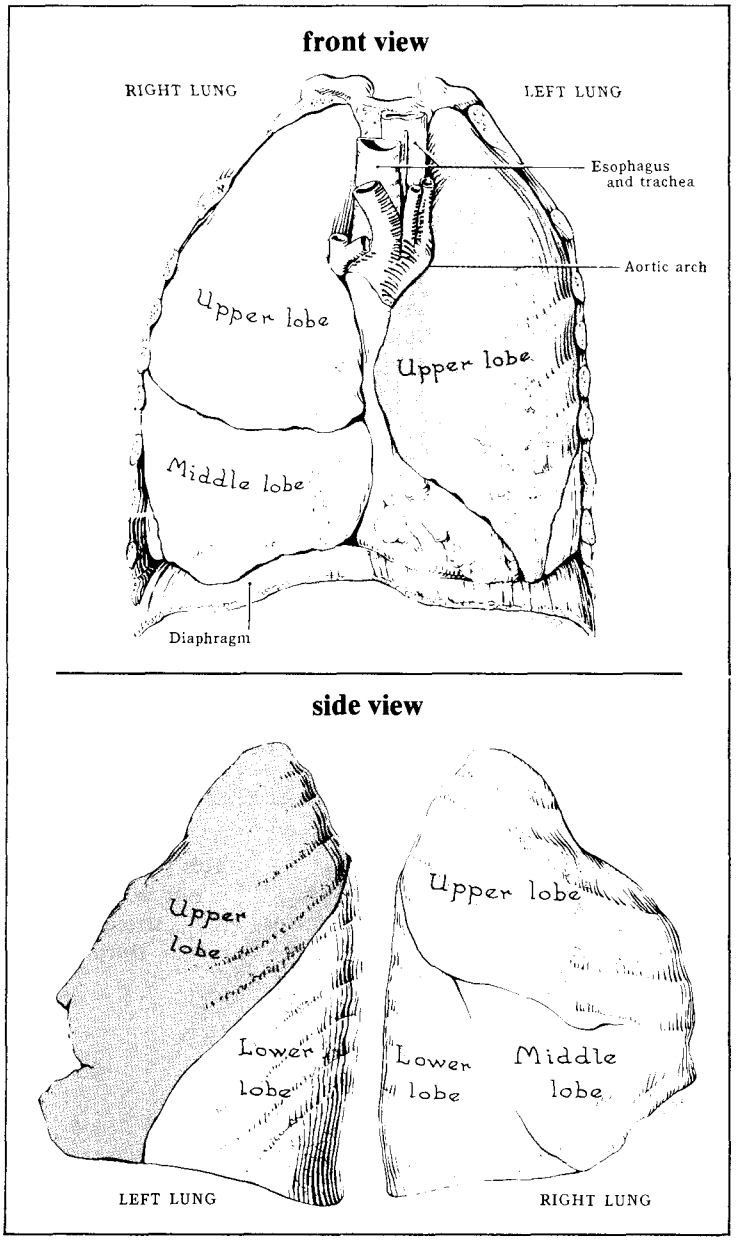
"Radon levels change with time," Dr. Weisfenbach went on to explain. "They change when the atmospheric pressure falls or when the wind blows or when people ventilate their homes from the outside, such as in the summer. Radon levels are lower in the summer because there are more windows open."

The EPA recommends that people make a short-term, preliminary screening of their homes to detect potential radon problems. Charcoal-canister detectors are available commercially for quick, inexpensive testing, and more expensive alpha track detectors are good for longer tests. The three-day test using charcoal testers "is a good, quick check," Dr. Weisfenbach said, "because if you've got thousands of picocuries per liter in your house, you want to know right away. You don't want to wait a year." If preliminary tests indicate a potential hazard, more extensive testing should follow.

Dr. Weisfenbach has been studying radon gas since 1979, when he began his work at the University of Maine. Maine has high levels of radon in some houses, and "radon in water in Maine is quite high, perhaps one of the highest in the nation," he said. He pointed out that the concentrations of radon in water are not as important as the concentrations in the air. (Retrotec USA, a company selling devices for detecting radon in water, reveals that 40,000 to 50,000 picocuries per liter in water translates to approximately 4 picocuries in the air.) There is very little danger of high radon in city-water supplies, but water from deep wells may contain the gas.

The radon/lung-cancer picture is still unclear; the only certainty is the need for more information. Determining the incidence of lung cancer in nonsmokers would help isolate cases caused by smoking from cases caused by sources

continued on page 62



Dorothy's left upper lobe was removed and no cancer could be found in the remaining lung tissue. The only positive lymph nodes were contiguous to the lesion. Two weeks out of surgery she is back preparing food for Paul and his help in the field. Legions of friends pray for her recovery.

We are searching for victims of primary lung cancer who have never smoked and have never lived or worked near smokers. If you are a victim of this type of lung cancer, please answer the questions designated for victims.

If you have had a relative with lung cancer who never smoked and never lived or worked near smokers, please answer the second part of the questionnaire for that person, even though you may not know the answers to all the questions.

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LUNG CANCER PREVENTION SURVEY
for Nonsmokers

This is a research project designed to determine whether radon and alpha$_1$ antitrypsin deficiency may cause primary lung cancer in nonsmokers. Since cigarettes are known to cause the vast majority of primary lung cancers, we would not like to include anyone with a smoking history in this research survey.

NONSMOKERS: Please answer these questions if you have had primary lung cancer.

Name _____ Telephone no. _____

Your address _____ City _____ State_____ Zip _____

1. Are you a lung-cancer victim who never smoked and never lived or worked near smokers?
   Yes _____ No _____

2. Did your doctor specify that the lung cancer had started in the lung and had not spread there from another organ? Yes _____ No _____

3. Did you live most of your life in a: Wooden home_____ Stone home _____ Brick home_____
   Some of each _____ Other _____

4. How long did you live in the same home prior to your lung cancer diagnosis? _____

5. Do you still live in this home? Yes _____ No _____
   How long did you live in your prior home? _____ years In how many homes have you lived?_____

6. Has your home been checked for radon? Yes _____ No _____ If yes, when? _____
   If yes, did the results show high levels (more than 4 picocuries per liter)? Yes _____ No _____

7. Did you ever have a blood test for alpha$_1$ antitrypsin deficiency? Yes _____ No _____

8. Do you have any blood relatives who developed severe emphysema at an early age?
   Yes _____ No _____ Who died in infancy from liver disease? Yes _____ No _____

9. Were you ever exposed to industrial chemicals, asbestos, or mining? Yes _____ No _____

Please answer questions 10 thru 18 if you had a *NONSMOKING RELATIVE* with primary lung cancer.

Your name _____

Your address _____ City _____ State_____ Zip _____

Area code _____ Telephone no. _____

10. Name of lung cancer patient _____
    Living? _____ Deceased? _____

11. Are you answering this questionnaire for a nonsmoking family member who had lung cancer but who never lived or worked with smokers? Yes _____ No _____
    Did your family member ever live with a smoker? Yes _____ No _____
    Did your family member ever work near smokers? Yes _____ No _____

12. What is the relationship of the lung cancer patient to you? _____

13. Did your family member's doctor specify that the lung cancer had started in the lung and had not spread there from another organ? Yes _____ No _____

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14. Does, or did, this relative live most of his or her life in a: Wooden home _____ Stone home _____ Brick home _____ Some of each _____ Other _____

15. Has your family member's home been checked for radon? Yes _____ No _____
If yes, did the results show that the home contained radon equal above 4 picocuries per liter? Yes _____ No _____

16. Did the family member ever have a test for alpha$_1$ antitrypsin deficiency? Yes _____ No _____

17. Did this family member have any blood relative who had severe emphysema? Yes _____ No _____
Who died in infancy from liver disease? Yes _____ No _____

18. Was your family member exposed to industrial chemicals, asbestos, or mining? Yes _____ No _____

Fold here first

Name _____

Address _____

City/State _____

Zip Code _____

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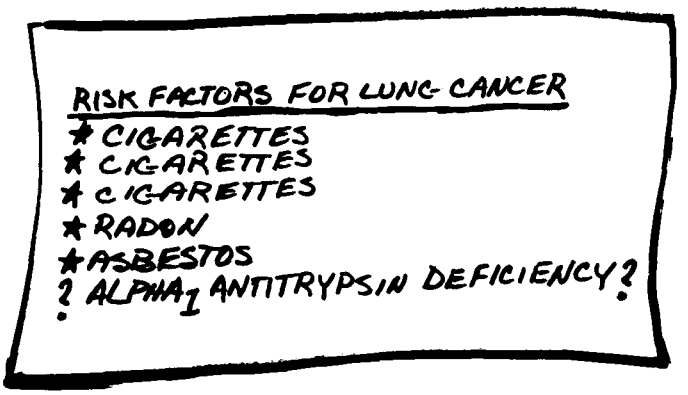

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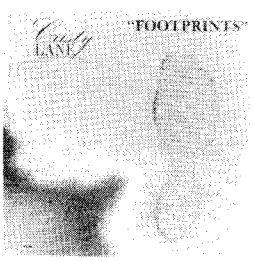

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such as radon.

We checked with an oncologist who treated 64 cases of lung cancer in 1985. Of these cases, 62 were long-time cigarette smokers. One of the two nonsmokers was a woman who had lived most of her adult life with a husband who smoked four packs a day. He had died a few months earlier from a heart attack. The other nonsmoker had worked in an asbestos factory for many years. This oncologist said that in his entire career he has almost never seen primary lung cancer in a nonsmoker.

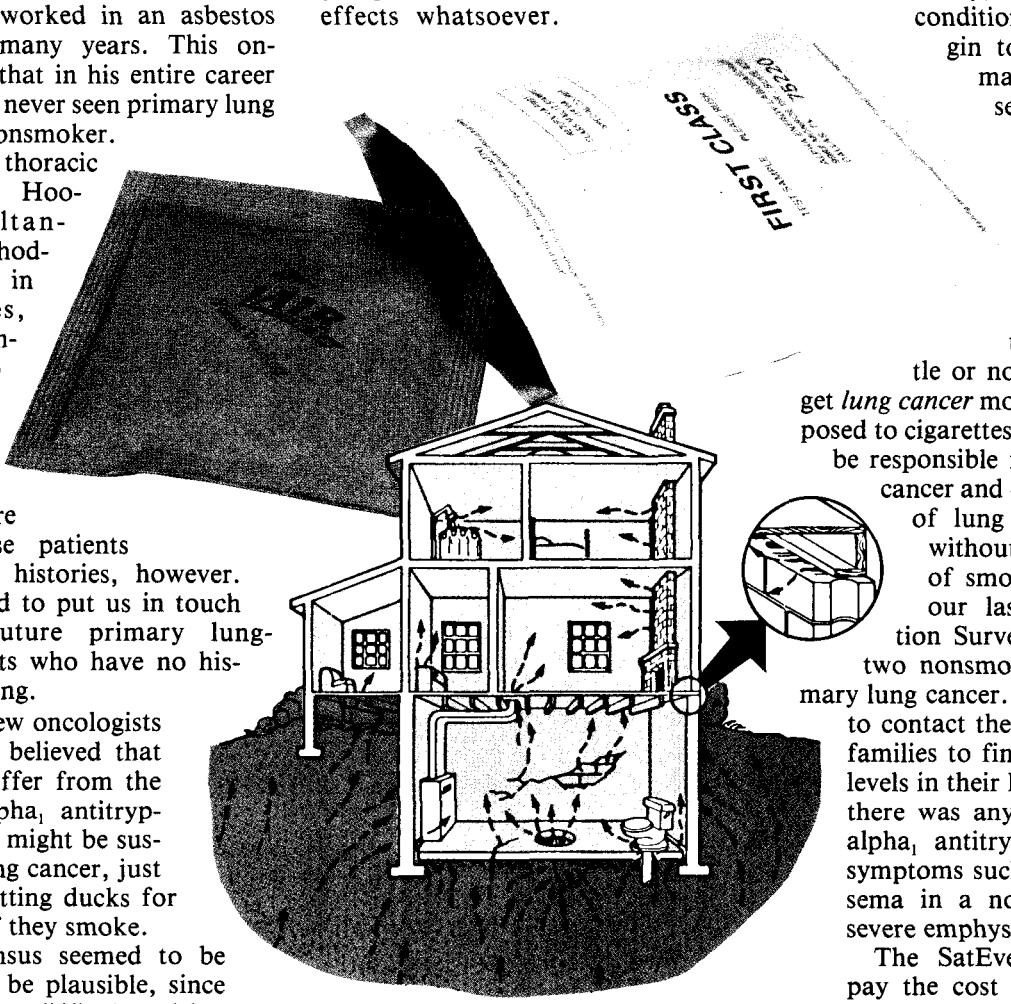
Dorothy's thoracic surgeon, Dr. Hooschang Soltanzadeh at Methodist Hospital in Des Moines, could remember only two nonsmokers with primary lung cancer. He wasn't sure whether these patients had smoking histories, however. He has agreed to put us in touch with any future primary lung-cancer patients who have no history of smoking.

I asked a few oncologists whether they believed that those who suffer from the hereditary alpha$_1$ antitrypsin deficiency might be susceptible to lung cancer, just as they are sitting ducks for emphysema if they smoke.

The consensus seemed to be yes, it would be plausible, since they would have difficulty raising secretions from the lungs. This inability might also cause carcinogens to remain in the lungs, they theorized. Since my brother had severe emphysema at an early age from smoking and a cousin had also died from emphysema after smoking, it seemed logical to see if Dorothy's alpha$_1$ antitrypsin is low.

Alpha$_1$ antitrypsin is an anti-enzyme that protects the lung from proteases (protein-splitting enzymes) released from leukocytes (white blood cells). Trypsin is just one of the proteases that it protects against; it inhibits elastase and collagenase as well as other enzymes. It is speculated that recurrent inflammatory reactions related to infection and pollutants call forth white blood cells whose released proteases are free to cause damage to the lungs in people who lack the alpha$_1$ antitrypsin.

About 1 in 4,000 people are born with a severe deficiency in alpha$_1$ antitrypsin. About 1 in 20 may suffer from a milder form. The deficiency can have one of three results. One group seems to suffer no ill effects whatsoever.



In an effort to find the cause of primary lung cancer in nonsmokers, the Post Society will pay for charcoal radon testing in homes of primary lung cancer victims who never smoked or lived or worked with smokers. Radon gas from soil beneath a house can enter through cracks and be trapped in basements.

A second group may remain healthy for many years but in middle age may develop difficulty breathing due to emphysema. Small amounts of secondhand smoke that might not harm a typical person can be devastating for these people. The third and most severe result of an alpha$_1$ antitrypsin deficiency is inflammation of the liver within a few weeks or months of birth, causing severe liver damage and perhaps even death for an infant. To my knowledge, alpha$_1$ antitrypsin has not yet been prepared for replacement therapy for those who lack this anti-enzyme.

When emphysema runs in families, begins at an early age, or occurs in nonsmokers, a strong suspicion should arise that the patient suffers from an alpha$_1$ antitrypsin deficiency. A standard test can determine this.

Obviously, a person with this condition should never begin to smoke. Smoking may lead to emphysema by the age of 40, but not smoking may delay the onset of emphysema until age 60.

But does the person with little or no alpha$_1$ antitrypsin get *lung cancer* more readily when exposed to cigarettes or radon? Could it be responsible for Dorothy's lung cancer and other rare instances of lung cancer in victims without the usual history of smoking? We checked our last Cancer Prevention Survey and found only two nonsmokers who had primary lung cancer. We are attempting to contact these patients or their families to find out about radon levels in their homes and whether there was any family history of alpha$_1$ antitrypsin deficiency or symptoms such as severe emphysema in a nonsmoker or early severe emphysema in a smoker.

The SatEvePost Society will pay the cost of an alpha$_1$ antitrypsin test and a radon charcoal detector test for any lung-cancer patient who never smoked or lived with smokers. We urge surgeons who have had such lung-cancer patients to put them in touch with the Society so we can send them a radon detector and information about the alpha$_1$ antitrypsin test.

We have prepared a new survey for nonsmokers who have had lung cancer. In an effort to find more cases of primary lung cancer in nonsmokers to study, we urge any readers who have had primary lung cancer either themselves or in a family member to fill out the survey on page 59. Please fill it out for a relative, even if you do not

continued on page 100

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Born on the battlefield and raised in a refugee camp. They are the forgotten casualties. The Children of War.

Their eyes tell the painful story. Of sleepless nights spent running from enemy soldiers. Of long days in hiding and desperate journeys through the jungle or over the sea.

Of the 10 million people who've been forced to flee war-torn homelands, most are children — caught in the crossfire of more than 40 wars that claim 1,300 lives each day.

Now strangers in a foreign land, they huddle in refugee camps teeming with people. Surrounded by sickness and hunger. They may wait years for their new lives to begin.

But you can start the healing for Children of War with a gift to World Relief. You can help take the nightmares and the terror away.

Since World War II, we've brought the gift of hope through committed Christian people. Using your money very carefully, finding long-term solutions. In Pakistan, Hong Kong, Indonesia, Central America and the Philippines, we're changing lives.

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And on our videocassette **Crossfire,** you can even see what your gifts will do, bringing hope and new life to Children of War.

They can do so little for themselves. You can do so much. Please give today.

And heal a forgotten casualty of war with your love.

☐ Yes, I want to provide food, shelter, clothing — my gifts of peace — for Children of War. Here is my gift of:
☐ $25 ☐ $50 ☐ $100 $_____

☐ I've included an extra $10 for **Crossfire,** the World Relief VHS videocassette, narrated by Barbara Mandrell, on Children of War in Central America.

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State_____

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Send to:
Children of War
c/o World Relief
P.O. Box WRC
Wheaton,
Illinois 60189

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AT HOME WITH JULIE AND DAVID

"Nice" best describes this typical suburban couple, who happen to have two American presidents in their past.

by Ben Yagoda

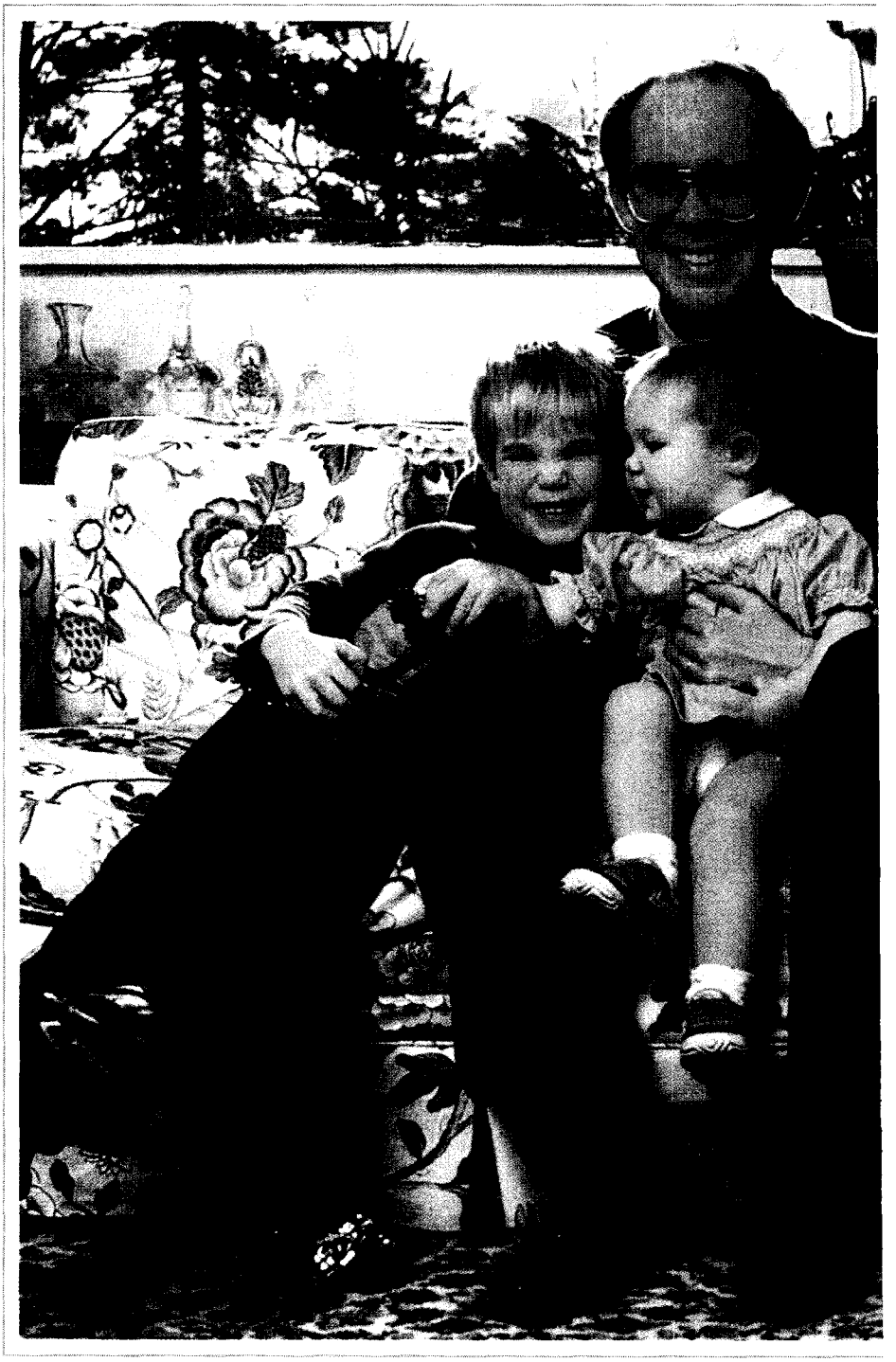
Six years can be a grade-school education. It can be an adolescence. It can be a prison term or a Senate term. For David and Julie Eisenhower, it was a period of being famous in a way that no one had ever been before, no one has been since, and, we can all hope, no one will ever be again. They were famous not for what they had done, but for who they were: the daughter of Richard Nixon, the grandson of Dwight David Eisenhower, linked to each other for better, for worse.

For worse began in 1968, when Nixon emerged from his six-year political exile to run for president. David and Julie, already engaged, were students—he at Amherst, she at Smith, two colleges then in the vanguard of campus radicalism. They hit the campaign trail for Nixon-Agnew; all of a sudden, they became traitors to their generation. An author, Garry Wills, mixed up his kinship terminology a bit and actually called David a "Nephew Tom."

To be sure, they had their admirers, but that was a mixed blessing. Who wants to be the kids parents tell *their* kids to be like? Say you were a hippie. How would *you* have reacted when President Nixon declared that his input from American youth came from David and Julie and not from all those long-haired demonstrators? As usual, a *New Yorker* cartoon had its finger on things, as one suburban matron said to another: "I'm sure the young Eisenhower boy and the Nixon girl don't smoke anything strange."

In the spring of 1970, campus organizers vowed that, on David's and Julie's graduation days, 100,000 demonstrators would descend on the Smith-Amherst area to protest the President's policies. The couple didn't want to subject their relatives —including David's grandmother, 74-year-old Mamie Eisenhower—to that kind of abuse, especially since the college administrations said they couldn't guarantee the families' safety. So David and Julie didn't get to go to graduation.

Three years later came the storm of Watergate. And there again, right in the middle of it, were David and Julie, the symbols—depending upon what side you were on—of what was right with the nation's young people or what was wrong with the nation.



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"Question: For whom was Camp David named? Answer: David Eisenhower."

—Trivial Pursuit

Nice. Have a nice day. Nice shot. Nice going. Nice guys finish last. Nice and easy.

What we have here is a concept with problems—and not merely because, as *The Random House College Dictionary* scolds, "the word is used too often and has become a cliché, lacking the qualities of precision and intensity embodied in many of its synonyms." What exactly does it mean to be "nice"? And, more to the point, is it a trait to be pursued, or to be shunned as a limp, warmed-over substitute for *real* character?

You won't find the answer here. All I wish to suggest is that anyone looking for the personification of nice, with all the virtues and, perhaps, the limitations the term implies, need look no further than David and Julie Eisenhower.

Consider what happened at Betsy Reimer's house one day. David and Julie were over for a visit, and it was time to go home. But David was nowhere to be found. Betsy looked all over. Finally she opened the door to a big walk-in closet, and there he was, looking at baseball cards with her two boys. If that's not a nice story, I don't know what is.

Meanwhile Julie—who, at 38, looks like 26—is bringing new meaning to the word supermom. Not only is she raising three children, all under nine, at their ranch house in Berwyn, a Philadelphia suburb, but she also actively serves on the boards of several worthy institutions, has completed a biography of her mother, Pat Nixon, and is devoted to her friends. "If she knows my work is going to be in a show, she'll always come along," says the Eisenhowers' next-door neighbor, Jane Phelan, a painter. "She doesn't like the publicity she attracts, but she knows it can be helpful to me."

"She is the most thoughtful person I've ever met," Betsy Reimer declares. Julie is so nice that Betsy's four-year-old, who called Julie "Baby Mommy" when the Eisenhowers' youngest daughter was a baby, has been known to ask for Julie as soon as he wakes up in the morning.

"There have been times when she's met friends of mine, and for a second their mouths drop open," Betsy says. "Later, they say to me, 'You mean she actually goes to the *Acme* to shop?' I say, 'Of *course* she does.' And when they get to know her, they love her. She doesn't put on any airs at all."

David and Julie have been this nice all along. It's the times that have changed. Being nice when your father (or father-in-law) is a widely unpopular president is one thing. It involves giving press conferences and taking abuse. Being nice when you're a happy young family on the Main Line of Philadelphia is something else entirely. For example, David—at 38—finally has all the baseball playmates he needs. He has organized all the neighboring kids into wiffle-ball leagues and worn a pitching mound bare in his backyard. "It's great fun

David and Julie, Alex, five, Melanie, 19 months, and Jennie, seven, at home in Berwyn, Pennsylvania, in 1985. The face of the doll on Julie's lap sports a photo of the infant David Eisenhower.

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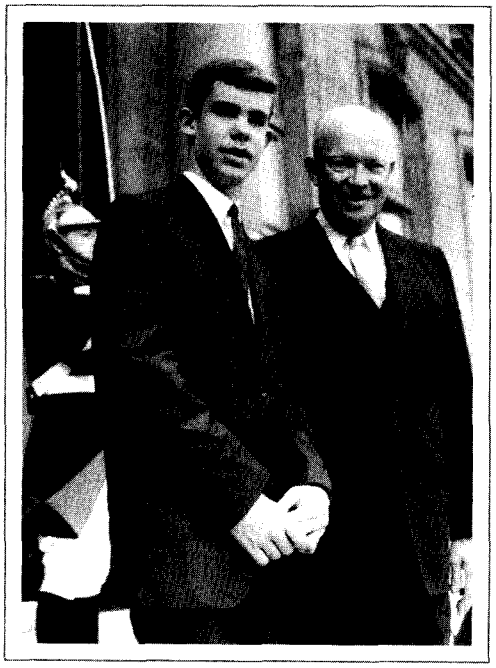
to see him," says his sister Anne Eisenhower. "He gets the same look on his face as when we used to play baseball as kids." There's only one problem, Betsy Reimer says: "He gets upset because he'll make a beautiful hit and the dog will catch it."

In some ways, the Eisenhowers' life is normal to the point of tedium. There's spaghetti at Fonzo's (before it burned down), takeout pizza at the Reimers', Memorial Day barbecues. In other ways, it does seem a little unusual. For example, David must be the only suburban dad in America who wears hand-me-down suits from two former presidents. When Julie's parents come for a visit, as they often do, there's an extra player for wiffle ball—a Secret Service man. And not many people can pick up a Trivial Pursuit card and realize they are the answer. Not that David—an old board-game junkie—needs the help. "He and Julie are so good we won't let them play on the same team," Betsy Reimer says. "Dave gets so excited. I won't let him sit at my dining-room table because one time he jumped up and almost went through the breakfront."

They're a team. Julie and David speak out about their new books—David's about his grandfather, the late president, and Julie's about her mother, Pat Nixon.

And David, at least, spends each working day with reminders of his special legacy. He has spent most of the past ten years laboring over a mammoth biography of his grandfather, Dwight David Eisenhower, the first volume of which (1,600 typewritten pages) was published by Random House in June 1986. And for the past four years he has been a visiting lecturer in political science at the University of Pennsylvania, where the door to his office on the second floor of Stiteler Hall says DWIGHT DAVID EISENHOWER II. Still, things are different now. When the glare of the strobe light is no longer upon you, life is sweeter.



David and the hero of his best-selling book, *Eisenhower: At War 1943-1945*. Two more volumes about Ike are in the works.

"These have been the happiest years I've known," Julie says. "I'm so grateful for this time leading a normal life. I wouldn't trade it for anything in the world."

This is a sentiment with which David concurs. Yet he, at least, would also say that his boyhood taste of fame—before everything turned sour—was intoxicating and wonderful. The Nixon years were actually David's second stint at the White House. His father, John, worked for Ike, and David, eight years old as the second term began in 1957, would stay with his grandparents for weeks at a time. Maybe it was the crew cut, maybe it was the mischievous grin—there was something about David that suggested the prototypical American boy. Much later, he would write about those years in terms that suggest the prototypical American boyhood: "For a child, the White House was and is a paradise. What's now the press room used to be a heated indoor pool equipped with shower and workout facilities. The East Wing housed a movie theater that ran top Hollywood selections at the virtual request of the White House. I fashioned a basketball court during the winter out of the wide third-floor corridor leading to the storage and laundry rooms, and in the spring I practiced infield by bouncing tennis balls off the even-surfaced walls. The South Lawn was the backyard of any child's dreams. I raced electric carts along the sloping driveway, and the trees provided perfect 'cover' for grade-school cowboys and Indians. The open expanse of grass was a perfect place to play golf."

Julie Nixon was in Washington then, too—her father being vice-president and all—but, oddly, she didn't see much of David. "I remember the first time I met him," she says now. "It was in 1957, right after the inauguration. I still remember the menu, because it was only my second time in the White House. I'd never seen a ring of rice that stands up. And there was creamed chicken in the middle, with peas."

In 1961, both children left Washington—David because his grandfather's second term was over, Julie because her father had lost to John F. Kennedy. On 12-year-old David's last night in the White House, he was despondent. But even then he found solace in historical allusions. Like a preteen MacArthur, he wandered the halls and sneaked notes reading "I shall return" into various nooks and crannies.

He didn't see Julie again until college. At Amherst, David was, of course, nice. Tom Boswell, now a sportswriter at the *Washington Post*, had gone to grade school with David and arrived at college a year ahead of him. "I didn't want to impose on an old acquaintanceship," Boswell says. "I figured people bothered him all the time because of who he was. One night I was sitting in the vending-machine room and he came up to me. He said, 'You probably don't remem-

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ber me. I'm David Eisenhower.' "

(In his book *Why Life Imitates the World Series,* Boswell recalls another encounter with David: "In the late '60s when SDS was considered politically middle-of-the-road on my campus, it was hard to find other 20-year-olds who wanted to play stickball. But gradually we discovered each other—Eric Landis, a bulldog catcher from the Bronx, a tall pitcher named Lewis, and a big-eared poli-sci major named Eisenhower. Landis and I stood Lewis and Eisenhower one balmy day for what we could safely call the Amherst College stickball championship. No other teams were entered. . . . I don't remember the score or who won, but I remember my last home run, a towering poke to the dorm roof off David. I always said you couldn't learn real stickball on the South Lawn.")

David appears to have had his eye on Julie at an early age. But what's a fellow to do with his grandfather, her parents, and assorted siblings gumming up the works?

Julie—at Smith College, just seven miles away—met up with David in 1966, their freshman year, when both were asked to speak for a local Republican candidate. After talking it over on the phone, they both said no. But, as Julie says, David must have liked the sound of her voice, for a few days later they went out for ice cream on a double date; Julie and the other girl wound up paying because David and the other boy had no money on them.

Their second date was on the night of the 1966 election. "That was a big night for the Republicans," David says. "The Republican party of today started that night. We picked up 47 House seats. And Ronald Reagan was elected governor of California."

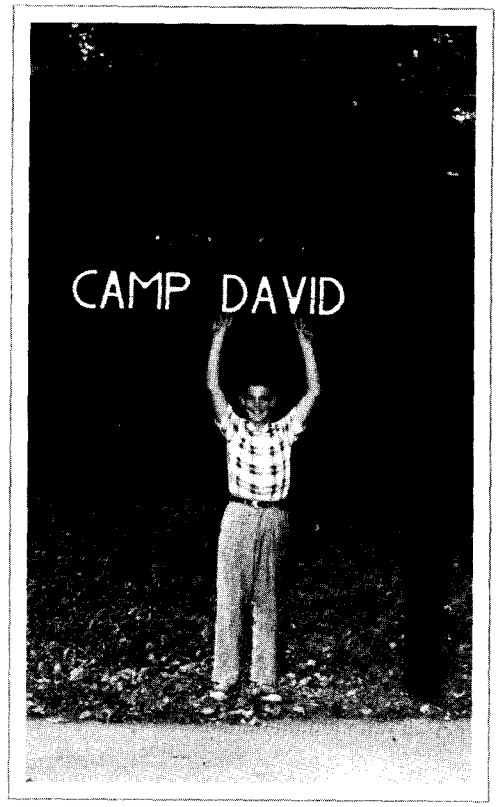
They were engaged just after the next election night and married soon after the next one. Even before then, of course, we had started to see their faces everywhere. They were an odd but somehow endearing couple, the vivacious, slim, brown-haired Julie, and the somewhat less-at-ease David, usually described by reporters as "gangly" or "tousle-haired" or "jug-eared" or sometimes all three.

Their wedding in New York was performed by an old family friend, Dr. Norman Vincent Peale, and the reception for 400 was at the Plaza Hotel. The couple was determined that it shouldn't be at the White House. "It was the last chance for us to have a private, non-circus-type event," Julie says. "We knew any presidency is transient," David adds. "We wanted something that would last beyond that."

Twenty is a young age to be married, but it was a good choice for David and Julie, if only because it gave each of them a live-in ballast against the day's hurts. And as the protest against the Vietnam War grew, David and Julie became ever more visible targets of abuse and ridicule. "On opening day in 1969, David went down to Washington to throw out the first ball of the baseball season," Tom Boswell says. "I remember a political-science professor who made a sarcastic remark to the whole class, 'Well, I see it's more important for Eisenhower to go to a *baseball* game than attend class.' " Cheap shots like that were relatively easy to dismiss. Other slights cut deeper. When the brother

continued on page 86

While assistant editor of the *Post*, Julie took an active part in selecting covers and in writing read-aloud stories for children.



If you're ever faced with the trivia-game question "Who was Camp David named for?" you're looking at the answer: David Eisenhower.

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The Countess and the Devil

The evil Bellême might have her torn to pieces, but she would never betray the hiding place of the little earl.

By Henry John Colyton

Illustrated by Donald Teague

The countess came scrambling up the steep slope to the hazel thicket and trampled the ragged hem of her gown. She embraced a loaf of brown bread, only slightly moldy, a wedge of cheese, and a slab of strong bacon, all swathed round with an old woolen petticoat. She was panting, and her long glossy hair, the color of silver gilt, had tumbled down her back. She was so anxious about the earl that she had forgotten to keep prudently to the wild hedgerows, and she charged straight up the hill.

Consequently, a man plodding along the track of roadway below with a sheep across his thick shoulders caught sight of her and watched her out of sight with narrowing eyes.

She flung herself down beside the earl. "Now, I wasn't long, was I?" she demanded. "Did you do any yelling?"

William, Earl of Averney, turned dark, reproachful eyes upon her. He never yelled. He was always remarkably well-behaved, but he still startled her when she got a sudden look at him. He was the homeliest baby she had ever seen. That his sire had possessed carrot-red hair, a great beaked nose, large ears, and a jutting chin was only too apparent. But William's eyes were brown like her own, now that their indefinite baby milkiness was over. She had been all ready to hate him as much as she had hated his father, in those far-off summer days when his growing bulk had swollen her small body until she waddled and panted like Dame Emma, the oldest of her waiting women. But what a comfort he had turned out to be.

"Precious sugarplum." She caught him up and felt him expertly. He needed it, but he would have to wait awhile. They must get away quickly; she had already spent too much time in the village as it was.

No one could betray her. The only life there had been the snarling cur she had had to throw stones at to save the bacon. The dreadful sick-sweet smell of death hung everywhere. She had tried to be stern and brave; she had to have food or the earl would starve. She had ignored burned thatch and broken doors, and great brown splotches here and there where the drowsy flies of autumn buzzed, and bodies hanging from trees. But in the cottage where she had found the food, she had found a battered doll, its sawdust spilling out, and she sat down and cried over it, and she wondered what had become of the child who had played with it.

Devil Robert of Bellême, she thought fiercely, as she trudged away through the drizzle and the wet leaves, the earl over her shoulder, the bundle under her arm. *That was his work. But he'll get his wages. King Henry'll see to that. And Devil Robert hasn't got the Averney Treasure and he hasn't got you, either, darling.*

Not that Robert of Bellême would yearn for the young William's society. But the powerful and sinister border lord was cousin to the late Earl of Averney and, after the child in her arms, heir to the great domain. And if once he laid hold of the little earl, the Devil of Bellême would succeed to the earldom in no more time than would be required to smash a small skull against a handy wall. She shut her mind on mounting horror and concentrated on small things. Her shoes. They were still comfortable after ten days of tramping and hiding and running. They had come from Paris, like the rest of her trousseau—and some big, rawboned wench, ale companion to one of Bellême's men-at-arms, would be making free now with her lovely clothes, all lost in the sack of Averney Castle, which she had not been able to defend.

Really, it was a beautiful trousseau, she recalled, wiping a splash of rain from her nose with her ragged sleeve. *Even he had to open his eyes at that green Sarrazin silk with the gold tassels. Stupid thing.* She glowered as she always did when her thoughts turned to her late lord. *I had him figured out the very first time I saw him, when he came to our place in Dortaine to sign the marriage contract. Ugh.*

What a child she'd been to be so sure he'd be handsome and jolly and kind. Vividly she recalled her first sight of the huge, towering shape of Richard, late Earl of Averney; the blue green eyes sneering down at her in the long horse face; the thick wavy hair, red as carrots, falling to the great shoulders he had mistakenly clad in a gown of rich purple red. She'd had to run off alone to get control of herself before she could bear to look at him again. And then, the way he had held her hand, as if it had been a dead fish, at the betrothal ceremony. And the way the horsy smell of him wrangled with the perfume the barber had used on him.

"He was the most annoying man I ever knew," she pronounced coldly to a tangled thorn thicket. "Filling the castle with his rowdy friends the very day he brought me there, and they stayed for weeks. Carousing till all hours and never giving me a moment's heed except to bellow at me. Trying to tell me where I might hunt, and when, and what. Expecting me to sit prim as a prioress in my own rooms, sewing and pining away, while he played around with every hussy in the neighborhood! If I behaved outrageously, as Dame Emma said, I had good enough reason! Well, anyway,

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he's dead now."

Her stride lengthened and the earl's head wobbled against her ear. She had always regretted she had not been able to make her husband realize she was Mathilde of Dortaine, a person of consequence.

"Well, even he would see that I have a little sense now." She tossed her head. "For if it weren't for me, Devil Robert would have had the earl and the Averney Treasure. And if I did have to abandon the castle, at least Averney village fled safely. You can rebuild houses, but you can't bring back the good honest folk that have been butchered."

"Try to remember, madam. A shame to spoil so lovely an arm."

She still felt the disgrace of having had to run away, but what could she have done? Nearly four weeks ago, her husband had got word that the forces of Robert of Bellême were attacking a small keep of his on the Welsh border and had gone tearing off in a furious temper with a handful of men. Later, he had sent a hard-riding messenger for reinforcements, and Mathilde had sent all the force she could collect, leaving only a dozen to guard Averney Castle. The relieving party had been gone only a few hours when a terrified farmer had walloped his cart horse into the bailey to announce that the earl was dead, and most of his men; that Robert of Bellême and his gang were on the way to Averney Castle.

Mathilde, almost scared out of her skin, sent the farmer off to warn the village. Then she had assembled the castle folk in the great hall and tried to yell sense into their heads in her halting English.

"Of course I know you'd fight your best—yes, and the women too! But we're outnumbered! Save yourselves for a better day! Devil Robert won't be top dog forever, not when the King brings his forces this way! You have friends and relatives not too far away, most of you. Get out by the vaulted

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way to the river. Emma, Grisilde, Alisoun—you'll go to Saint Urfried's convent—they won't bother you there. Sir Raymond——"

The ancient seneschal and castle tyrant hauled himself forward, stooping in his heavy mail hauberk, mustaches bristling, eyes hot coals. "The earl's last order to me was to defend this castle to the last drop of our blood, madam, and I'll do it!"

She stood her ground, the earl wriggling uneasily in her tight clasp, and argued. They were not abandoning the castle; they were beating a strategic retreat, like the one that had gained William the Conqueror his victory at Hastings. That was a lucky shot in the dark, for Sir Raymond had been fighting in the service of the great duke on that day, and he was very proud of the fact. They would return, and soon, when the power of the lord of Bellême and his rebellious brothers should be broken by King Henry. She talked earnestly, for at any moment she expected to hear the savage challenges of the Devil's men outside the walls.

"Do you think I like to abandon Averney? But men are more than stones and mortar, and we must think about the present earl." She suddenly swung him high above her head, so they could all see him—looking as presentable as possible in his ermine wrap and blue silk hood—and that turned the tide. Shouts of loyalty, predominantly treble though they were, made the high vault ring.

Then came the frightening nightmare of hustle. Mathilde remembered standing in that secret vault, deep in the solid rock below the lowest dungeon, panting and holding a guttering torch that shed a murky red light on the famous Treasure of Averney, while Sir Raymond, still protesting that it was not right for him to see it, thrust the plate from the chapel altar into the nearest of the great oak chests. She saw a chased silver bowl that had been part of her dowry holding a pair of ancient Viking bracelets of ruddy gold.

"Never mind!" she cut short his complaints. "There'll be nobody here to be tortured into telling where it is. And I defy anybody to find it without help. Come along now. I have to change my clothes. You start the women out of the castle by the underground way to the river. Don't let 'em carry much or they'll be noticed."

She flew to her own chamber and stripped the earl to his clout. Then she tore off her own clothes and put on the holiday smock and petticoat presented, with much pride, by the small scullery wench. But it had just dawned on Dame Emma that the Countess Mathilde was not going to Saint Urfried's convent. The old waiting woman blustered, shrieked, called on the saints, and at last burst into noisy sobs. Never had she heard of such senseless—at least, an armed escort—

"Now, Emma, you might as well face it. I know what I'm about, and you know about Robert of Bellême's little ways as well as I do. What would happen to the poor nuns if some gossip let it out that I was hiding there with the earl? And an escort would just make me noticeable, for there's not enough left to do any real good. I've hunted all over this country, and the earl will be safe with me."

Her plans were all neatly made. In spite of her late husband's loud decree that she should concern herself with her own affairs, she knew something of the political situation in England. Duke Robert of Normandy, the King's brother and a good-natured ass, had tried an invasion of England and flubbed it badly. King Henry had bluffed him into retreat and then turned his attention to the great nobles who had allied themselves to the duke for the sake of what they could get out of him. The King's justice—strictly legal, but heavy-handed—had scared everybody into submission except the three great brother lords of the West Country—Bellême, Pembroke, and Poitou. These had fortified their castles and defied the King.

Mathilde did not exactly approve of the King. He neglected his wife and chased the girls even more eagerly than had her late husband. But she knew that he stood for the force of law against the uncontrolled oppressions, the sporadic, bloody feuds, the continual treasons of the great lords. She had been rather surprised to learn that her husband, lawless rake though he was, inclined to the King. But now that he had gone rushing out with an inadequate force against Bellême and got himself killed, she would have to take immediate steps to save her son's property.

She would go to the King with the earl in her arms and place the younger peer under his protection. He would be the King's ward until he was old enough to fight as the King's man. She would have trouble, certainly, and the King would probably try to make advances. But she would round up her scattered forces, as soon as Bellême was overcome, rebuild the castle, and do her best.

She grew aware that she had left the woodland behind and that she was climbing steadily, knee-deep in sodden heath. Before her the mountains of Wales retreated, sullen and gray, into the wet mists. Yes, she knew what she was about. She had always been sturdily independent and something of a tomboy. But the autumn dampness and chill bit into her heart, and she felt miserably alone and unhappy. She had once thought of war as something noble and dashing, like a tournament, full of the flash of steel and the thundering rush of proud horses. It was nothing of the kind. War meant piled corpses in a field, stripped, reeking, swollen, and unhuman, with the crows wheeling overhead. War was a big lout in mail and leather, walking off with a squealing pig under one arm and a brace of fowl in the other hand, while a woman stood dumb and helpless, staring after him from the cottage door, with her children clinging to her skirts. War was a girl shrieking for mercy behind a hedge, a dead blacksmith dangling above his own threshold.

"Damn the fog!" somebody said pettishly.

She halted in her tracks, her breath drying in her throat. A horse and rider stood on the comb of the ridge directly in front of her. The horse snorted, shook its head, the man spoke to it roughly, and another mounted man loomed up behind him, huge in the mists. She collapsed quietly into the heath.

"Can't see the damned path, let alone hunt for loose skirts! Hey, Sim! D'you think there's any truth in that yarn the fellow told about seeing the dame, huh?" She saw them now—two well-armed, well-mounted, uneasy-looking roughs.

Sim blew his nose and answered scornfully, "He's a dab liar, like all the rest of 'eb. If you've addy seds, Gilles, you'll cub away, like I said. Break the hosses' legs is all we'll do todight. If that sheep-stealig lad did see the Coudess of Averdey—ad he's probably lyig—she's warbig sob-

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body's bed for hib by dow. Devil Robert'll have to wait till toborrow. By head's full of church bells. I tell you——"

Mathilde, prone in the deep furze, her hand clamped tight over the earl's mouth, heard the heavy hoofs tramping past her. Her mind scrambled around like a caged squirrel. Who had told them? She had hunted in this district once. She gave it up and cried soundlessly into the earl's neck. He gurgled, caught his fist in a strand of her tumbled hair, and jerked it. She roused up and wiped her eyes. She would have to find some sort of shelter for the night.

Down below the crest of the hill, a thicket of willows grew beside a thread of brook. She fumbled her way into it, sat down, and drew her mantle well over her head to shelter them both from the cold drizzle, and then changed the earl. He nuzzled her to suggest that he would like supper, so she opened her smock and held him close while she gnawed at the moldy bread and cheese. The rain spattered gently on her head, on the dead leaves, and a slow tear slid down her cheek. "Come, come!" She brushed it off. "I'm tired and—and I'm not crying, really, only leaking a little. I thought I was being so clever to escape from the Devil and his men, and they almost walked on me! Wouldn't he crow over me if he knew!"

And into her unwilling mind came the thought that the late Earl Richard, after he had finished exulting over her stupidity, would have found them a warm shelter and stood guard over them with jealous care and a long, stout lance. He would not have permitted any damage to his own property. The dowager countess lifted uncertain eyes to the rainy darkness.

"If you are anywhere around," she whispered reluctantly, "we would be glad of your help—m-messire. I suppose you're still wandering around loose, because we didn't have time for proper masses for your soul. I'll have them attended to, I promise—if we get out of this. I—I almost wish you weren't dead!"

She paused, half expecting to see a horrid mailed shape rising up in greenish light, dead eyes glaring, wounds gaping. But nothing happened, except that the autumn night grew colder and the rain fell steadily.

Morning dawned, red and windy. When she had attended to the earl, she started off, keeping to the woods until a stray deer fled crashing away at her approach. Then she wondered if a keeper, noticing the disturbed game, might investigate. So when she came to a thin track of road she decided to follow it, since it led eastward, where the royal forces might be found.

After several hours' steady tramping, she came upon a tall gibbet at a crossroad. Outraged crows flapped away from its burden at her approach, and the earl uttered an angry howl. Should she go on? A gallows meant a town. She saw the stumpy tower of a church rising out of a wooded valley on her right. Presently she recognized it. Saint Milburgh's church—then the town must be Milburham. She had come here once with her husband and a large hunting party. Milburham was a poor huddle of houses; it would not attract the eye of the rapacious lord of Bellême.

I may run into trouble, she thought, *but surely I'll be able to hear some news of the King's army if I go into town, and save myself going out of the way.*

She arrived in Milburham simultaneously with an old swineherd and four shoats, a drunken carter, and a peddler and his mules, and found her-

continued on page 86

Mathilde remembered standing in that secret vault, panting and holding a guttering torch that shed a marky light on the famous Treasure of Averney, while Sir Raymond thrust the plate into the nearest of the great oak chests.

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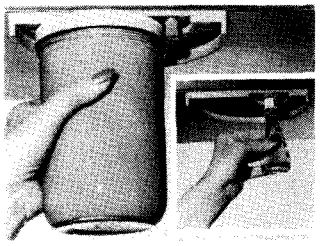

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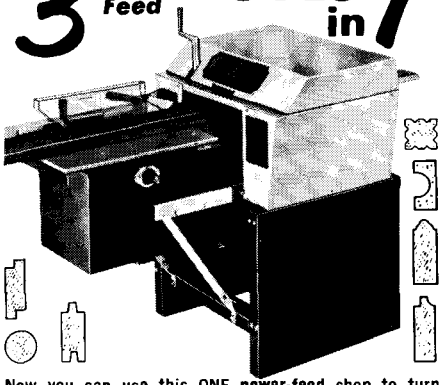

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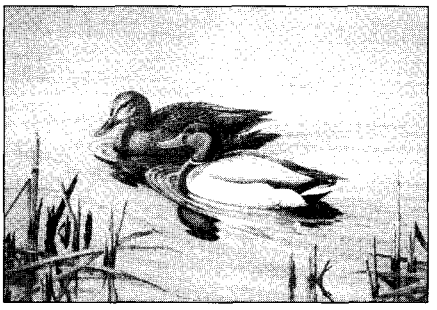

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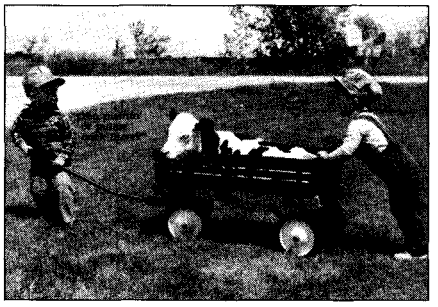
"You pushin' or pullin' back there?"



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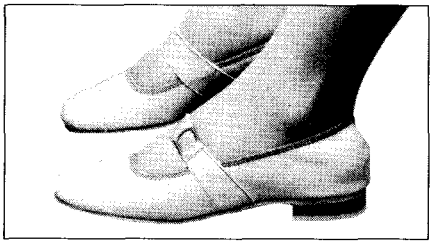

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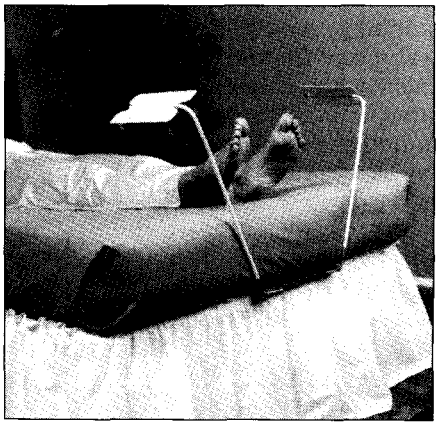

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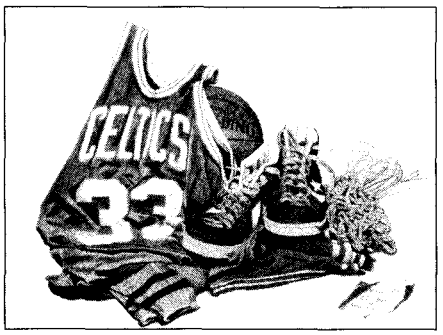

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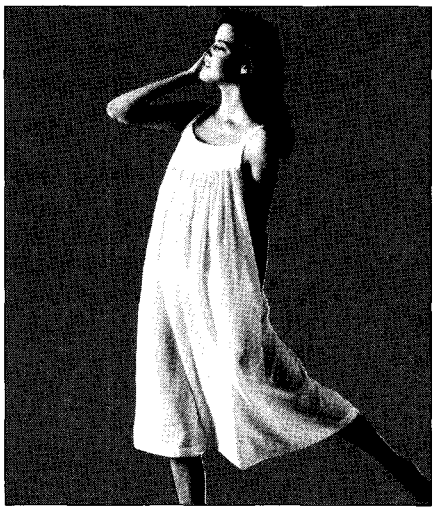

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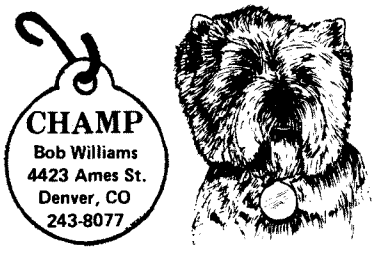

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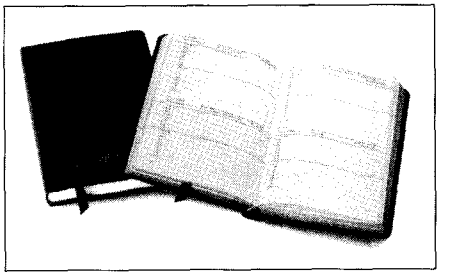

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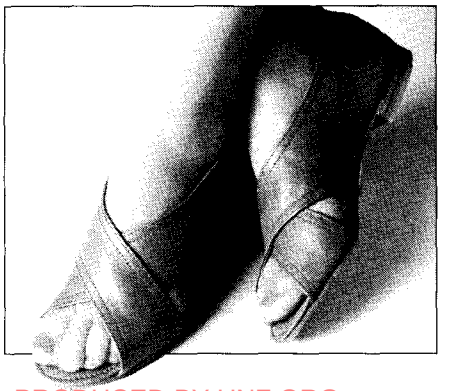

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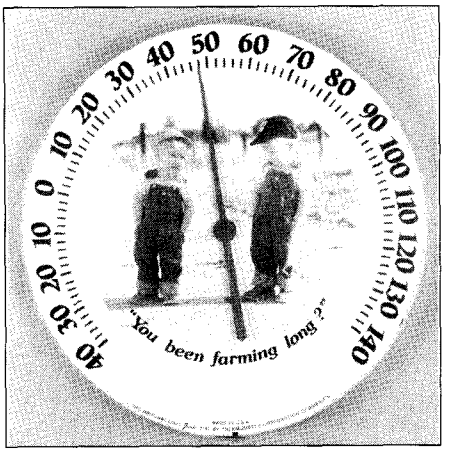

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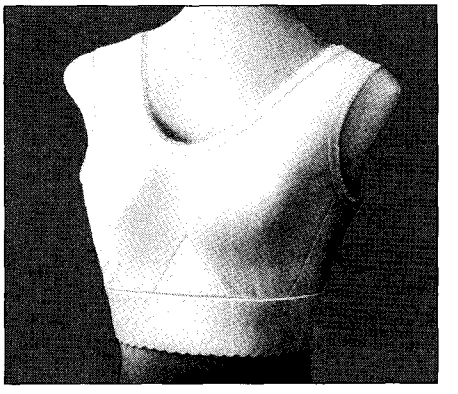

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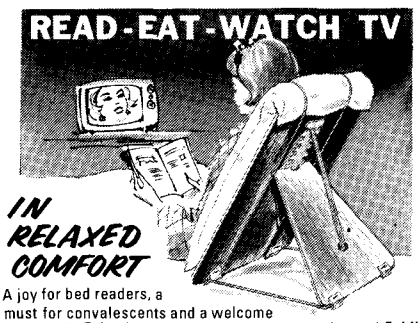

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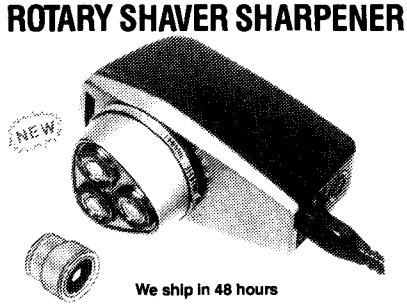

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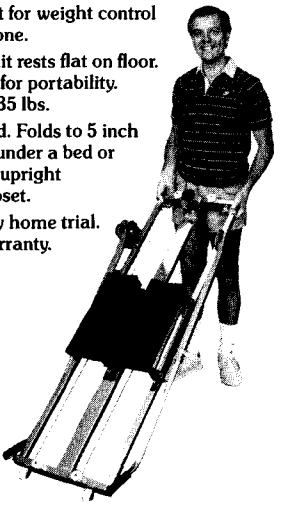

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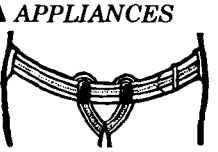

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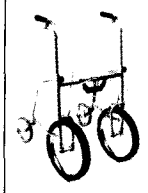

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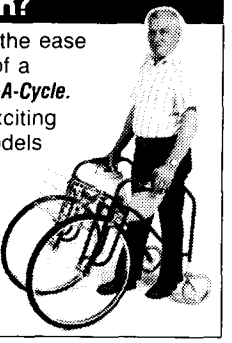

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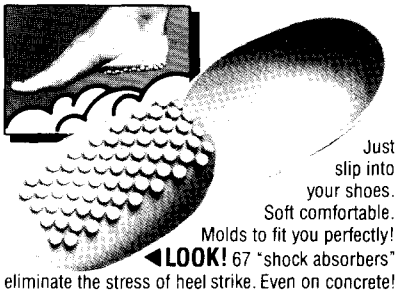

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Test Pet IQ

continued from page 32

27. Shaving a dog's coat in summer will keep him cool.
Answer: False. A dog's coat insulates him against both heat and cold. The coat protects him from sunburn and insects, including mosquitoes, which can carry heartworms.
28. The normal dog needs only one or two baths a year.
Answer: True. Frequent baths wash vitamins and natural oils from the coat.
29. Cats came to America with the Pilgrims in the 1600s.
Answer: True.
30. Dogs don't like living in apartments.
Answer: False. Dogs are happy as long as they get food, discipline, exercise, and TLC.
31. A dog or puppy best loves the person who feeds him.
Answer: True.
32. Feline leukemia, a cancer in cats, can now be prevented by vaccination.
Answer: True.
33. All pets need lots of exercise.
Answer: False. Only dogs bred for hunting and herding have high exercise requirements. And cats thrive on moderate activity.
34. A dog should be trained by only one member of the family.
Answer: False. Every member of the family should help.
35. Cats are the only clawed animals that walk on their paws, not their claws.
Answer: True.
36. The Pekingese was regarded as sacred by Oriental royalty.
Answer: True.
37. Once a dog has had guard-dog training, he can't be untrained.
Answer: True.
38. Dogs and cats are both descended from the same tree-dwelling creature.
Answer: True. It was known as the Miercis, and it lived briefly 40 to 50 million years ago.
39. Cats don't have a sweet tooth, but dogs do.
Answer: True.
40. Guard dogs make the best protectors of the home.
Answer: False. A guard dog is dangerous, even to the owner.

Scoring:
40-30: Excellent. You're a bow-*wow*.
29-18: Not bad.
17 or less: Time to bone up.

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Pyorrhea
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FOOD

TEN ALL-AMERICAN SOUPS

A variety of hearty gumbos, stews, and chowders will see you through the thick of the soup season.

Soup has been a part of world cuisine almost as long as fire has been known to man. Ancient cooks prepared soups in animal skins or seashells over an open fire even before they learned to make fireproof pottery. Because there were no spoons before the Middle Ages, the custom was to sip soup from a bowl or to dip bread into it. This method of eating was known as *sop* or *sup*, and the word later became "soup."

The first soups made on this continent were created centuries ago by native Americans. They filled watertight wooden, leather, or wicker vessels with food chunks and liquid, then added white-hot stones to heat the soup. Or they made soup in gutted buffalo carcasses or stomachs, cooked over a low fire. Later, they learned to make pottery containers that could withstand the fire's heat.

Pumpkin Soup (top) originated with the American Indians, as did Southern Gumbo (center). Oyster Stew, a New England favorite, arrived aboard the *Mayflower*.

Indian soups tended to be concoctions of available foods. The Indians made the first soups of native American beans, corn, and pumpkins, combined with game and seafood. When the colonists arrived with their large iron kettles, soup was already an important food for the Indians.

Besides their superior cooking pots, the colonists added ingredients from their native lands to American soup: domesticated beef, chicken, a variety of garden vegetables, grains, and pasta. Often they would cook large pieces of meat and vegetables in pots with liquid, then serve the liquid separately as a broth. Other times, soup kettles were catchalls for a few bits of meat and vegetables that made flavorful vegetable soup.

The colonists had a homemade version of bouillon cubes made by boiling veal and pork bones until the liquid became a gelatinous, gluelike substance. The mixture, which they called "pocket soup," could be dried and carried along by travelers, then eaten as a snack or used as a base for a later soup.

Through the centuries each group of immigrants brought its own foods and cooking methods to make the soup pot a symbol of the American spirit, the melting pot. With corn, chilies, and tomatoes from the Americas, beef and pork from Europe, spices from the East, and okra from Africa, such bold soups as Gumbo and chili soup emerged, as well as new American soups such as Pumpkin Soup.

In 1897 the world of soup was revolutionized when the American firm that later became the Campbell Soup Company introduced commercially canned condensed soups. Dehydrated and frozen soups followed later, giving cooks new ways to shortcut soup preparation.

Although some of the following soups did not originate in America, they have been Americanized through the years. Gazpacho appeared in America's first regional cookbook, "The Virginian Housewife," by Mary Randolph, in 1824. Pumpkin Soup, borrowed from the Indians, was Europeanized by adding a dairy base. Oyster Stew became a tradi-

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tional Christmas Eve dish in the New England colonies, and a "mania" for it in the mid-1800s led to an American invention, the oyster cracker. Cioppino hails not from Italy but from Italian fishermen's kitchens in San Francisco. Turkey-Vegetable, of course, is as American as apple pie.

Oyster Stew
(Makes 4 servings)

1 pint shucked oysters with liquor reserved
2 tablespoons margarine
Generous dash white pepper
1 cup half-and-half
1 cup milk
Oyster crackers

Strain 1 cup oyster liquor into 2-quart saucepan. Add oysters, margarine, and pepper. Over low heat, cook oysters until edges curl. In small saucepan over medium heat, heat half-and-half and milk until tiny bubbles form around edge. (Do not boil.) Add to oyster mixture.

To serve, ladle soup into bowls; garnish with oyster crackers.

Gumbo
(Makes 6 servings)

¼ cup salad oil
¼ cup all-purpose flour
1 medium onion, chopped
1 medium green pepper, chopped
1 clove garlic, minced
1 tablespoon chopped parsley
½ teaspoon crushed thyme leaves
1 pound diced cooked ham
1 pound medium shelled and deveined shrimp
1 can (8 ozs.) tomatoes, chopped
4 cups water
1 teaspoon salt
⅛ teaspoon pepper
1 bay leaf
1 tablespoon filé powder
Hot cooked rice

In 5-quart Dutch oven over medium heat, in hot oil, slowly cook flour until dark brown but not burned, about 8 minutes; stir constantly. Stir in onion, green pepper, garlic, parsley, and thyme. Cook until onion is tender; stir occasionally. Add ham, shrimp, tomatoes, water, salt, pepper, and bay leaf; heat to boiling. Reduce heat to low. Cover; simmer about 30 minutes or until flavors are blended. Remove from heat; discard

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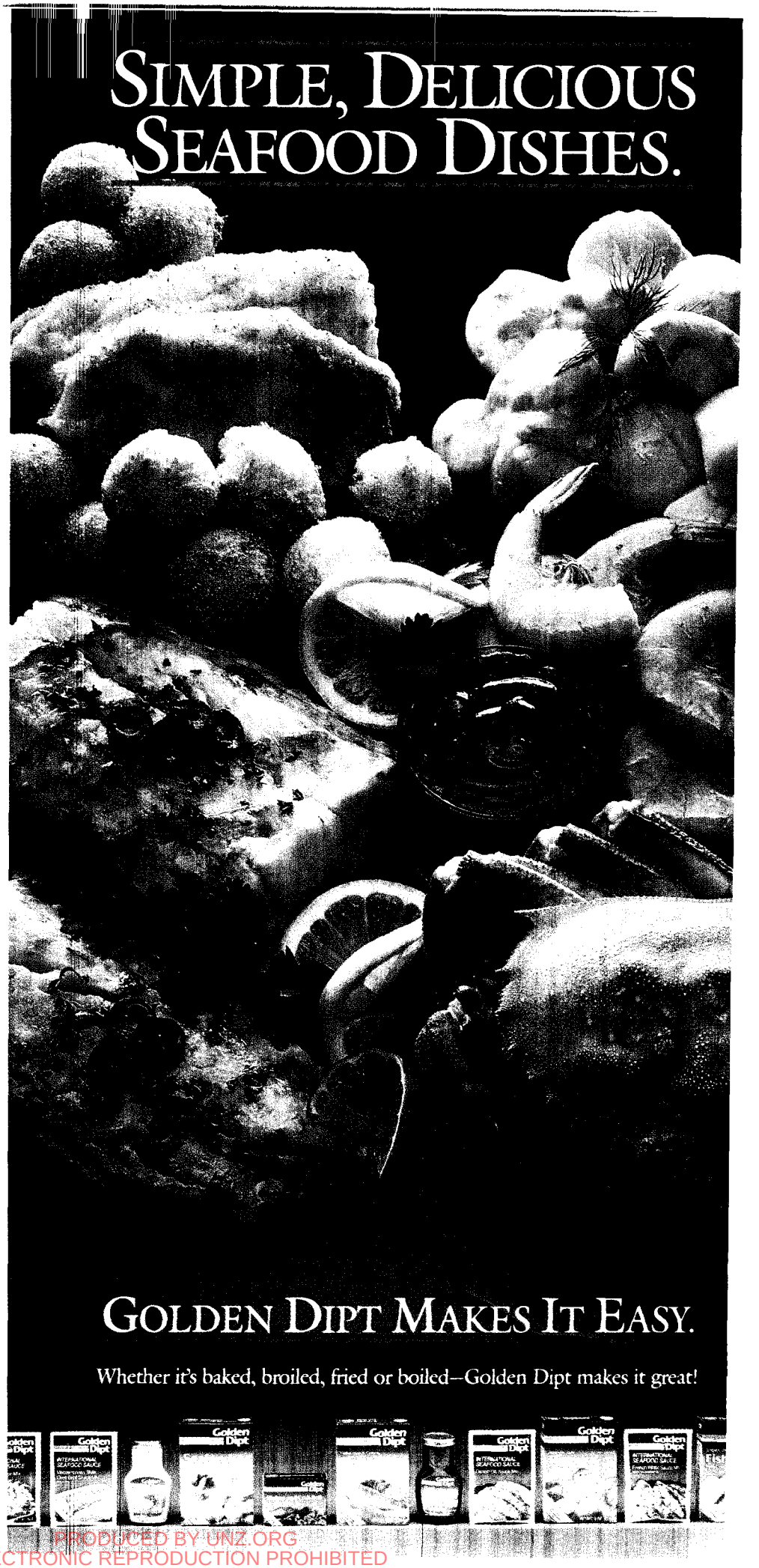
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bay leaf. Stir in filé powder.

To serve, scoop rice into bowls; ladle soup over rice.

Okra Gumbo:

Prepare as above but add *½ pound sliced okra* along with ham and omit filé powder.

Pumpkin Soup
(Makes 6 servings)

¼ cup margarine
1 medium onion, chopped
1 can (16 ozs.) pumpkin
1 can (10¾ ozs.) condensed chicken broth
3 cups milk
½ teaspoon salt
⅛ teaspoon ground nutmeg
Generous dash sugar
Generous dash white pepper
Croutons

In 3-quart saucepan over medium-high heat, in hot margarine, cook onion until tender; stir often. Stir in pumpkin, broth, milk, salt, nutmeg, sugar, and pepper. Heat just to boiling; stir constantly.

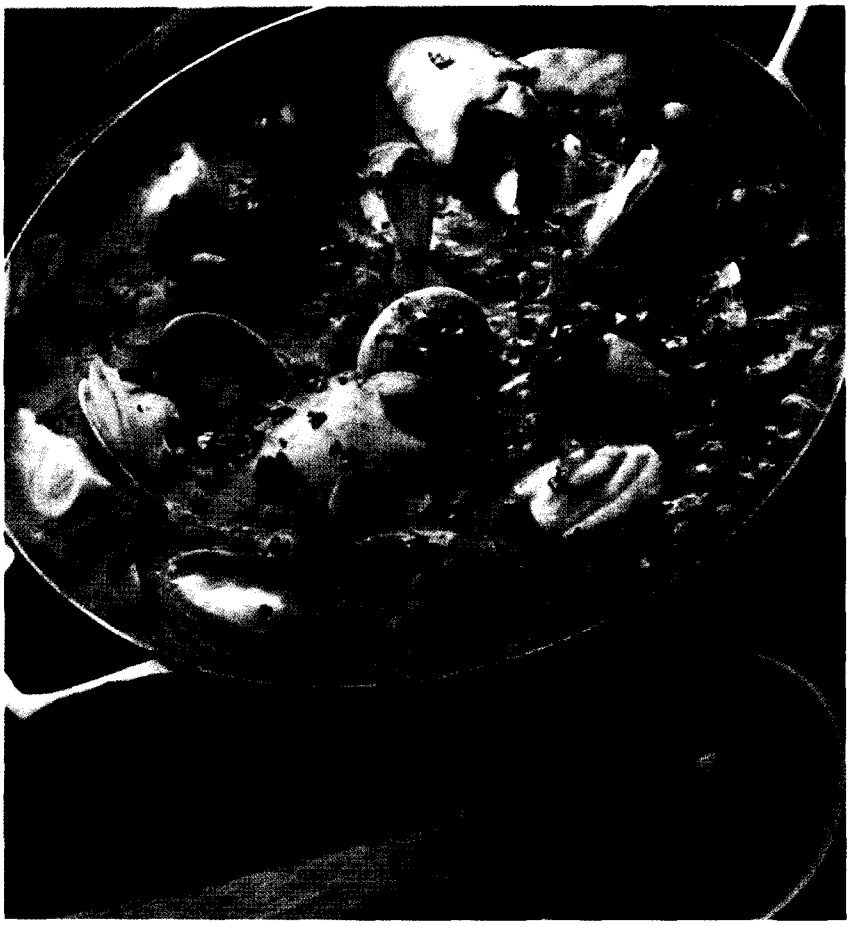
To serve, ladle soup into bowls; garnish with croutons.

Shrimp Creole Soup
(Makes 3 servings)

½ cup sliced celery
½ cup sliced green onions
1 clove garlic, minced
1 tablespoon salad oil
1 pouch Campbell's Chicken Rice Soup Mix
1 can (about 15 ozs.) tomatoes, undrained, cut up
1 cup water
1 small bay leaf
¼ teaspoon sugar
⅛ teaspoon crushed dried thyme
⅛ teaspoon pepper
Generous dash hot-pepper sauce
½ pound medium peeled and deveined shrimp

In 2-quart saucepan over medium-high heat, cook celery, onion, and garlic in oil until celery is tender; stir often. Stir in soup mix, tomatoes with their liquid, water, bay leaf, sugar, thyme, pepper, and hot-pepper sauce. Heat to boiling; stir occasionally.

Reduce heat to low. Cover; simmer 5 minutes. Stir in shrimp. Cover; simmer 5 minutes more or until shrimp are opaque. Remove bay leaf before serving.



It's easy to get hooked on Cioppino, the ultimate seafood soup from San Francisco made with lobster, mussels, clams, shrimp, and whitefish.

Golden-Gate Cioppino
(Makes 6 servings)

½ cup olive oil
½ cup finely chopped onion
2 teaspoons finely chopped garlic
1 package Golden Dipt International Spanish Sauce Mix
2 cans (8 ozs.) tomato sauce
1 cup dry white or red wine
1 lemon, thinly sliced
¼ teaspoon pepper
1½ pounds firm whitefish fillets, chunked
½ pound peeled and deveined shrimp
1 pound raw lobster-tail medallions, crosscut through tail shell between joints
12 clams (littleneck, cherrystone) scrubbed, in shells
12 mussels, scrubbed, in shells
½ cup fresh chopped parsley for garnish
Crusty sourdough bread

In Dutch oven, heat oil. Sauté onion and garlic. Add dry Spanish sauce mix and cook 2 minutes. Add tomato sauce, wine, lemon, and pepper. Simmer 20-30 minutes until thickened. In order, add fillets, shrimp, lobster, clams, and mussels. Simmer 5-8 minutes until shells pop open. Discard any shells that do not open. Sprinkle with parsley.

Serve in deep soup bowls with crusty sourdough bread and a big napkin!

Turkey-Vegetable Soup
(Makes 6 servings)

1 tablespoon margarine
1 medium onion, chopped
1 medium carrot, sliced
½ cup sliced celery
¼ teaspoon crushed thyme leaves
5 cups chicken or turkey broth
1 can (8 ozs.) tomatoes, cut up
½ cup fresh or frozen peas
½ cup diced yellow squash
1 cup diced cooked turkey
¼ cup raw regular rice

In 5-quart Dutch oven over medium-

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high heat, in hot margarine, cook onion, carrot, celery, and thyme until just tender; stir occasionally. Stir in broth, tomatoes, peas, squash, and turkey. Over high heat, heat to boiling. Reduce heat to low. Cover; simmer 20 minutes. Add rice. Cover; simmer 20 minutes more or until rice is tender.

Gazpacho
(Makes 4 servings)

1 small onion, cut up
1 cucumber, peeled, seeded, and cut up
1 small green pepper, cut up
2 cloves garlic
3 tablespoons wine vinegar
2 tablespoons olive oil
1 tablespoon lemon juice
¼ teaspoon crushed oregano leaves
3 cups tomato juice

In covered blender container at high speed, blend all ingredients except tomato juice, ⅓ at a time, until smooth. Pour mixture into large bowl; stir in tomato juice. Cover; chill until serving time, at least 6 hours.

To serve, ladle soup into bowls; garnish with additional chopped vegetables.

Tip: Add salt and cayenne to taste, if desired.

Hearty Vegetable Soup
(Makes 8 servings)

2 tablespoons salad oil
1 onion, chopped
2 stalks celery, sliced
1 clove garlic, minced
2 cups shredded cabbage
2 medium carrots, sliced
2 tablespoons chopped parsley
1 teaspoon crushed basil leaves
4 cups water
2 cans (10½ ozs. each) condensed beef broth
2 cups tomato juice
1 can (20 ozs.) cannellini (white kidney beans)
2 small zucchini, sliced
½ cup uncooked small-shell or elbow macaroni
Grated Parmesan cheese

In 6-quart Dutch oven over medium-high heat, in hot oil, cook onion, celery, and garlic until vegetables are tender. Stir in cabbage, carrots, parsley, basil, water, broth, and tomato juice. Heat to boiling. Reduce heat to low. Cover; simmer 15 minutes.

Stir in beans, zucchini, and macaroni. Over high heat, heat to boiling. Reduce heat to low. Simmer, uncovered, 15 minutes until macaroni and vegetables are tender; stir occasionally. Pass Parmesan to spoon over each serving.

Mushroom Soup
(Makes 4 servings)

2 tablespoons margarine
2 tablespoons thinly sliced green onions
1 can (10¾ ozs.) condensed cream-of-mushroom soup
¼ pound whole mushrooms
2 tablespoons dry sherry, if desired
Generous dash pepper
¾ cup skim milk
Sliced mushrooms

In 3-quart saucepan over medium-high heat, in hot margarine, cook onions until tender; stir often. Stir in soup, whole mushrooms, sherry, and pepper. In covered blender at medium speed, blend soup mixture until smooth. Return mixture to saucepan; gradually stir in skim milk. Over low heat, heat through; stir constantly.

To serve, ladle soup into bowls; garnish with sliced mushrooms.

Fish Chowder
(Makes 6 servings)

½ cup diced salt pork
2 medium onions, thinly sliced
4 medium potatoes, diced
½ teaspoon salt
⅛ teaspoon white pepper
1 large bay leaf
2 cups water
1½ pounds cod, cut into chunks
2 cups milk
2 tablespoons margarine

In 4-quart saucepan over medium heat, fry salt pork until crisp. Pour off all but 2 tablespoons drippings. With slotted spoon, remove pork; set aside.

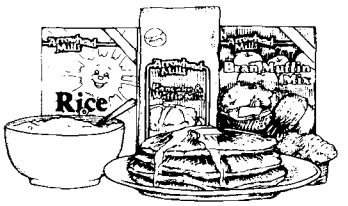
Over medium-high heat, in hot drippings, cook onion until tender. Stir in potatoes, salt, pepper, bay leaf, and water. Heat to boiling. Reduce heat to low. Cover; simmer 20 minutes until potatoes are fork-tender. Add cod; heat to boiling. Reduce heat to low. Cover; simmer 5-10 minutes until fish flakes easily when tested with fork. Discard bay leaf. Add milk and margarine; heat.

To serve, ladle soup into bowls; garnish with salt pork.

A GRAIN OF TRUTH

CONVENIENCE VS QUALITY

Time has become more and more important to today's consumers. With many women now embarking on dual careers, quality family and personal time is increasingly difficult to manage.



It's unfortunate that one key place to "make up" this precious time is in the kitchen. The preparation of wholesome meals by natural methods is rarely an instant process. Good food takes time, and for many people, it's time they simply don't have.

Arrowhead Mills is sensitive to this problem. We know that just because you're busy doesn't mean you want to settle for less nutrition and taste. Our Choice Cake Mix, Multigrain Pancake & Waffle Mix, and Rice & Shine Cereal, are examples of time-saving, wholesome, quality mixes you and your family can feel really good about eating. We call it convenience without compromise.

We simply save you the work that takes most of the time. We grind the flours, add the ingredients and blend them, just the same as you would do. We don't use hydrogenated shortening, aluminum compounds, or artificial flavors, chemicals or colours either. And we leave lots of room for you to add those creative touches your family loves.

Just 'cause you're busy doesn't mean you can't serve the best. Convenience doesn't have to mean compromise. Arrowhead Mills offers you a wide variety of quick fixing quality mixes, so you can spend your time where it matters most.

Arrowhead Mills®

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Countess

continued from page 71

self in a deafening uproar, for she had happened on Saint Milburgh's Fair. Where everybody had come from, and how the little town square could hold all the pushing, shoving, shouting crowds was a mystery. She edged her way into the thick of it. Presently she heard a thick, important voice sounding off about the King, God bless him! Middle-sized fellow, the King was, going baldish. She lingered, and learned to her great relief that King Henry and his forces had passed not a league from Milburham on their way westward—the fair was safe. And so was she—she hoped.

(continued next issue)

Julie and David

continued from page 67

of a friend of David's was killed in Vietnam, the friend stopped speaking to him.

If anything, Julie had it harder. Here's an entry from her college diary, written during the 1968 campaign: "I foolishly decided to go to the government department's mock Republican convention. It was hell on earth for me. My friend Marsha Cohen was asked to give R.N.'s [Richard Nixon's] speech because there were no volunteers. As she spoke the word 'selflessly,' it came out 'selfishly worked for his party.' The audience loved it. And then another laugh when she praised daddy. I just couldn't bear it. I was sitting in the back of the room and walked out."

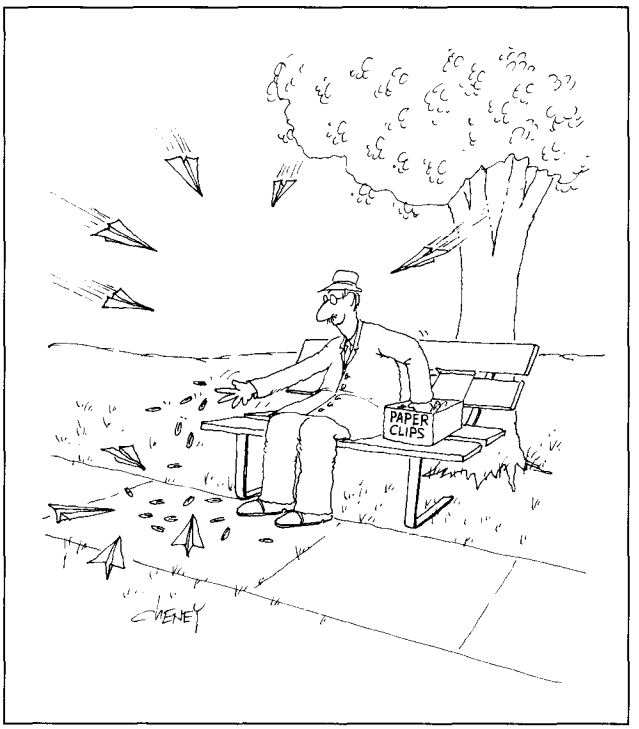
At least college was a protected environment. The White House wasn't. It became the couple's base after graduation, and suddenly the whole country could take potshots at them. "David Eisenhower"—just saying the name was a kind of joke, calling up the image of a goofy, ineffectual, good-natured Howdy Doody. No one could ever mistake Julie's intelligence and verve, but she found the Washington media glare almost unbearably oppressive. "There is so much attention and publicity focused on the people who live in the White House," she says now. "The press is always around, and you're asked *everything*, from what you're giving your parents for Valentine's Day to your opinion on world issues. The thing I found so difficult about being in that position was that you were asked very trivial things. In order to be civil, you responded, and you ended up sounding like a trivial person."

(continued next issue)

Salesmen

continued from page 47

coarse quality of my breathing when



she did, I might have joined the ranks of the extinct right there.

"Maybe the man doesn't want to play that game, dumpling," she suggested with pride at her little girl's ingenuity.

No, the man would have preferred the game be called on account of wet grounds. But even that was forgotten when I saw that the kid who had bitten me had now gutted my sample case and was trying to pull my last good silk stocking over his galosh. Luckily, I still had enough air to get ma's attention by clearing my throat.

"Are you sure the man wants you to do that, lover," she said, helping to jerk it free of the buckles.

Knowing that I was responsible for lost or damaged samples but forgetting that I had been necktied to the floor lamp, I made a lunge for the kid. And while I lay there on the floor *hors de combat*, I could only watch as this girl dredged up out of the mess a —well, it was a panty girdle with a removable crotch, that's what it was. I had buried the thing in the bottom of my case where I thought it would never be discovered. Now here it was, being waved like the American flag at Fort Sumter in front of little children and an adult of the opposite sex.

"Oh, that's just what I've been looking for!" ma exclaimed. Well, well, well, a sale after all. And I was trying to estimate if my 16 percent commission would be enough to cover the silk stocking and the pair of pants in the pine tree when she asked, "Do you sell the crotches separately?"

She might as well have asked me if goldfish have headaches, of course. But on the price list, sure enough, the crotches could be sold separately—at three for a quarter. And that is what she wanted, as her "old garment" was still "going strong."

I was writing up the order when the breadwinner for this group came home from what must have been a long day's work cleaning sewers with a short-handled shovel. He also gave the impression he was accustomed to returning to a tidy house and being greeted by an ardent wife, a welcoming committee of offspring, and a hot meal on the table. Instead, the living room had been done over in wall-to-wall lingerie samples, his wife was sitting on the floor with a complete stranger, the kids were engaged in snapping each other with the straps of the girdle, and the only thing on the kitchen table was the baby in wet pants licking the butter dish.

I've since thought of several remarks to bridge that cold moment of silence. Each was an improvement on what I did remark: "Your wife was interested in some new crotches!"

I was up and around again in three days. Oh, I still have a slight limp, and my neck is restricted to a 20-degree swivel. There may also be something wrong with my head. I was one of the last of the species, you see, to give up the door-to-door game and begin working for a living.

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Super Solution

continued from page 16

reach. On top of Dr. Papas' remarkable success in treating root caries with her solutions, Dr. Jensen's root-targeting formula could make super saliva a significant treatment for root caries, a disease that affects many elderly Americans.

"A particular advantage of the rinses is that they can be administered by a dental hygienist or by patients themselves," Dr. Papas notes. "Nursing homes and extended-care facilities are often underserved by dentists. I can foresee a day when dental hygienists will be allowed to do screenings and preventive work in nursing homes; they'll be able to teach elderly people how to do the rinses."

What role will the rinses play in dental health? Dr. Papas sees their immediate use for patients prone to cavities and for people with low saliva levels. "These individuals are highly motivated," she says. "Without the super saliva, they face chronic decay problems." Their alternative is a lifetime of recurring dental problems and bills for dentures or expensive restoration work.

As for the population at large, Dr. Papas thinks people will be slower to adopt the super-saliva rinses. "It's hard for most of us to rinse twice a day for two minutes," she says. Nevertheless, it now appears certain that super saliva, in combination with fluoridated water, offers our best hope yet for ensuring strong, healthy teeth. ✖

Torvill & Dean

continued from page 49

ships in 1980 were going to drop out."

"We felt," Jayne continues, "that if we worked hard enough and were lucky enough, we might move into third place in 1981. So we decided to give it a go, leaving our steady, reliable jobs at a time when every time you picked up a paper there was news of rising unemployment and we had only enough money to last us nine months."

But before they came to the end of their funds, they were blessed by fate, in the guise of the Nottingham City Council. They'd applied to the group, among many others, for a grant that would enable them to continue their training through the 1984 Olympics. "We'd met with two city-council officials who were very nice," Chris relates. "But they had no power to say yes or no. The council had no tradition of supporting athletes, and we couldn't offer them something in return, any more than we could, as amateur athletes, advertise the products of the potential corporate sponsors we'd approached. So we thought it was just another case of filling out forms. When we got a call from our local radio station, saying, 'Congratulations, the council has agreed to sponsor you for the next four years,' we just couldn't believe it."

The skaters returned value for money, placing not third but first in the 1981 World Championships, winning M.B.E. (Member of the British Empire) citations from Queen Elizabeth, and becoming Nottingham's prodigal son and daughter. They even silenced the (out-of-power in Nottingham) Conservative Party's grumbling about the use of taxpayers' money to support two amateur athletes.

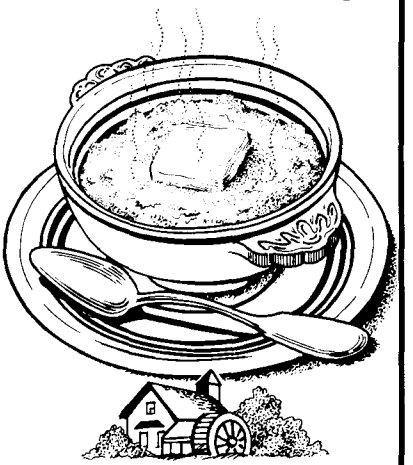
All that didn't last long, though. "The idea," Jayne explains, "had been to peak out at—or certainly closer to—the Olympics, and they were three years away. But even though staying at the top for three years is hard, *we* didn't feel we'd reached our goal at that point. We just kept at it, and even after the Olympics, when we felt we'd done all we could in the amateur area, we went after this other goal—forming the company we're touring with now."

"We felt," Chris says, "that as people, as dancers, as skaters, we wanted to move on. We wanted to do things, skating-wise and choreographically, that hadn't been done before, to have *thought* behind what we're doing, so that it wasn't just coordinated movements to a piece of music. As well, it had to have rhyme and reason, a concept, a story."

The way Torvill and Dean conceive the numbers for their touring show is not markedly different from their methods with their amateur-competition material, except that, with no rules or regulations to follow, their imaginations are now allowed freer reign. "Whether a number is set to an existing piece of music or one we commission," Chris explains, "we

continued on page 90

ENJOY THIS FRUIT for Breakfast



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Yes, it looks and tastes like a delicious hot breakfast cereal but it's made from buckwheat which is not a grain, but a fruit!

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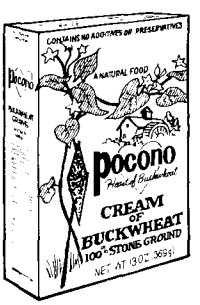

Look for Pocono® Cream of Buckwheat® at all better health food stores where it is being featured this season at special prices.

The Birkett Mills
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The Saturday Evening Post
·SOCIETY·

Dear Reader,

Our thanks to all of you who have helped us launch the Mammobile Breast Cancer Detection Unit. This low-radiation, on-site traveling mammography unit has already made millions of women aware of mammography and provided free mammograms to thousands of women who wouldn't have had them without us. This will soon translate into several hundred women, many of them mothers, who will be spared premature deaths and loss to their families.

With your generous support, we have confidently ordered a MaleMobile Prostate Cancer Detection Unit with state-of-the-art transrectal ultrasound equipment (see page 106). General Electric has just last week received FDA approval for the new equipment that we bought. Urologists and radiologists have called it a significant advance in the detection of prostate cancer. The computer-enhanced images of the prostate gland can reveal tumors as small as an eighth of an inch in diameter before they can be felt by a gloved finger.

VCR tapes of the prostates tested in the MaleMobile will be sent to research centers for analysis and review. Duplicate and triplicate readings at various centers, comparing consistency of results, will improve the reliability of ultrasound as a screening device for this prevalent cancer. It is a safe diagnostic device with "zero" radiation.

Equally safe is the digital rectal exam that will palpate the prostate of every man who enters the MaleMobile. The American Cancer Society has urged all males, 40 and over, to have this test. Unfortunately, all men over 40 aren't having it. If they were, we wouldn't have 26,100 men per year dying from prostate cancer in this country. We could cure many of the 90,000 new cases expected this year if we could persuade all men to be screened for early detection.

We thank you again for your contributions, which have fueled the Mammobile to keep it operating in church parking lots throughout the country. We ask you to help us launch the MaleMobile.

We wish all you wonderfully generous Society members a healthful, happy 1987.

Sincerely yours,

Cory SerVaas, M.D.

Cory SerVaas, M.D.
Research Director

Division of the Benjamin Franklin Literary & Medical Society
1100 Waterway Boulevard • Indianapolis, Indiana 46202 • (317) 636-8881 • Telex 27-440

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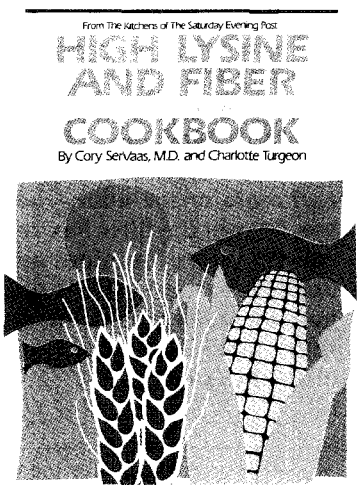
Keep the Wheels Turning on the Highway to Health

It's too bad that every member of the Society can't hitch a ride with the Mammobile on its journey of compassion to inner-city and rural locations. In week-long and often held-over stops in church parking lots throughout the country, you would have seen women who couldn't afford a mammogram line up for their first one—because it was made available and given FREE, thanks to the generosity of Society members. (See page 112.)

Perhaps of equal importance is the influence of women in TV and radio stations and newspaper offices who are able to publicize the Mammobile and thus motivate women everywhere to go for mammography.

The need to do the same thing with a MaleMobile for motivating men to seek prostate examinations is just as great. Thousands of lives could be saved by early detection of prostate cancer. Won't you help us speed the Mammobile and MaleMobile into more church parking lots to help the less fortunate among us have these valuable, life-saving tests.

To show our appreciation, we have a gift for you: our *High Lysine and Fiber Cancer Prevention Cookbook.* It is filled with gourmet, low-fat, high-fiber recipes and a section of the newest diet information from the National Cancer Institute to lessen your cancer risk.



The Saturday Evening Post Society

P.O. Box 567, Indianapolis, IN 46206

Yes, I want to help prevent breast cancer. Please send my FREE *Cancer Prevention Cookbook* and use my donation for the Mammobile Breast Cancer Detection Program.

My donation: $5 ____ $10 ____ $15 ____ Other ____
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Torvill & Dean

continued from page 87

begin by listening and listening to it and trying to come up with images and feelings that seem right for it. We almost always agree on what these images and feelings should be. We've known each other so long that we respond to things the same way. We might be in a room with a person we've never met before and, discussing him or her afterwards, we find that we'd formed the same impression. But," Chris adds with a sidelong glance at Jayne, "once we're actually on the ice, trying to translate these images and feelings into specific physical movements, we might disagree. Jayne argues with me —and I argue with myself."

"The disagreements don't last long, though," Jayne says, "because we find out soon enough if something's going to work or not." By "work," she means: Does the movement convey the mood or story point it's supposed to? And, if so, is it achievable in practical, physical terms? Jayne continues, "The bullfighter-and-cape routine had many movements we weren't sure we could actually do. When that happens, you just try and try again."

"Eventually," Chris says, "you either bring it off or it's a dead-end alley. Or it seems to be a dead end, but it leads you off in another direction that is not only possible to do, but is a better idea for the piece."

Jayne and Chris' professional disagreements may or may not derive from their basic differences as personalities, which continue to exist despite their long association. "Jayne's sort of stable and sensible," Chris summarizes, "and I'm more aggressive—sometimes, but not all the time. I don't think we'd have been together as long as we have if we'd both had the same temperaments—if we'd both been fiery and aggressive, for example. Or, if we'd both been placid and easygoing, I don't think we'd have had the determination to go very far. So I suppose we're opposites who complement each other."

Is the intense romanticism of their relationship on ice duplicated in private life? Chris says, "It's a very unusual relationship. It's not a man and a wife; it's not a brother and a sister. But it's more than a working relationship. We do have to spend most of the day together, most of the time—and within that span of time everything comes into your life. . . . We're the best of friends."

"Oh, then you don't know about the wedding?" Jayne joshes him, pretending their parents, who live within a few minutes of each other in Nottingham, have arranged everything.

One of the satisfactions of their touring company is that it has brought them together with other skaters, both socially and on the ice. Although he and Jayne had previously met all the skaters they asked to join their company, "they rehearse and perform either as pairs or individuals," Chris says. But unlike competition skating, the show isn't just one pair of skaters followed by another and then another.

"There's more of a thread that runs through it," Chris says. "Skaters work together in various numbers and combinations"—as in the "Heaven and Hell" number. "In this sense, we're like a dance company, which is a corps, and even if there are principals, they come out of that corps," he says.

"We may be better skaters on paper," Jayne says of herself and the other undisputed principal in their corps, "but when we started this company, we had no experience of putting together a company, either. We were really all in the same boat when we approached them last year and said, 'We're forming a company, though we don't know what it will involve choreographically, or if it's going to be successful, or. . .anything.'

"One reason the company is so well integrated now is that not only did we start out together as skaters years ago, we all went through the formation of the company together, too."

Do Jayne and Chris feel they missed out on anything during the long years they dedicated themselves to their art? And, indeed, do they feel they're missing out on anything now, as they continue with a regimen of daily classical-ballet classes and Spartan diets?

"We don't feel we've missed much," Jayne answers, "because the things that normal people would do—like going out at night, getting married, raising a family—those things we can do when we're older, anyway. But what we've done and are doing could only be done when we were young. So we don't think of missing out on those things as a sacrifice."

"If everything was sacrifice and hard work, I don't think we would have gotten through it," Chris adds. "It's really what we wanted to do, what we love doing. Now that we've got this company together, our challenge is to keep it going; establish an audience who will return each year to see it. And even as we get older and eventually retire from performing, we'd still like to be involved in it."

Vets on Pets

continued from page 33

bedspread, the cat must be retrained to use its litter box. Confine it to a small uncarpeted room, such as the bathroom or the utility room. When the cat uses the litter box regularly, it can be allowed in other parts of the house when someone is available to monitor it. Gradually increase its territory after it has shown regular use of the litter box.

H.E.W.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

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WEALTH AND POWER

IN JUST 90 DAYS!

Dear Friend

Not to long ago I lost my business and along with it all of the money I had made in the last 10 years. It got to the point that I didn't even have enough money to pay for rent and of course my car was repossesed not to mention that I ended up in debt for over $200,000.00, and the list goes on.

PAY ATTENTION TO WHAT I AM GOING TO TALK TO YOU ABOUT, if you ever had any money and then suddenly lost it all, you know how I felt. If you don't have any money now or not enough to get by on, you know what I am talking about. It is a **horrible** feeling. My credit was shot, I lost all of my friends and my dreams became nothing more than a dream. The fact of the matter was that I was broke, very broke and that I was going nowhwere fast.

I am not trying to make you feel sorry for me, after all I got out of debt and in the last six months I have bought a brand new Rolls Royce, a boat and a house worth over half a million dollars and I paid for it all with cash, and I don't work more than four hours a day, from Monday to Thursday, best of all I don't have to answer to anyone and I have lots of time to do the fun things I enjoy. I am also NOT trying to impress you with my magic.

MY SUCCESS CAME AS THE RESULT OF MY RESEARCH INTO ALL OF THE THINGS THAT CAUSED ME TO MAKE MONEY PRIOR TO LOSING IT, except I have simplified them and it has only taken me six months to get back on my feet and make more money that I ever dreamed of. Had I not found the way to making money fast, god knows what would have happened to me and my family.

Today I enjoy a line of credit with my bank of $1,000,000.00 and I also own a couple of income properties, so that no matter what happens I will always have enough income to support my family and never have to work one more day of my life. All of this in eight months, not to bad for only sixteen hours work per week.

By now you are probably wondering if, YOU CAN DO IT TO! and frankly my friend it does not matter, what your education, social status, or position in life is, THE ONLY PREREQUISITE TO MAKE MY FORMULA WORK FOR YOU IS. . .THAT YOU HAVE TO WANT MORE MONEY THAN WHAT YOU HAVE NOW. It's Just as simple as that. You can be poor today and in three months from now you can have all the money and properties you want or need and most important of all you will have peace of mind and financial security for you and your family. My secret will change your life, and all you have to do is to put it to work for you.

THIS SECRET IS INCREDIBLY SIMPLE, anyone can use it and it takes practically no money to start. You don't need any special training or even a high school education. It does not matter how young or old you are and the beauty of it is that once, in motion it will work for you even when you are off vacationing somewhere. Let me tell you more about this fascinating money idea. WITH THIS SECRET THE MONEY WILL START ROLLING IN FAST, AND DEPENDING ON YOU, YOU MAY START CASHING IN ON IT OVERNIGHT. **If you can follow simple instructions you can get started in a single afternoon.**

WHY, YOU MAY ASK, AM I WILLING TO SHARE THIS SECRET WITH YOU? TO MAKE MONEY? Hardly. First I already have all the money and possessions I'll ever need, second I am not looking for anyone to compete with and third, nothing would be more satisfying to me than to find out that with my secret some one else was able to realize their dreams, with this Golden Opportunity and to get in on it quickly. **Besides, when I was flat broke and the world seemed to have come to an end I would have wished to have had some one share a secret like this with me.**

One of the best things about the whole idea is that you can do it at home in your spare time. You don't need equipment or an office. It does not matter where you live either. You can use this secret if you live in a big city or on a farm or somewhere in between. A GIRL ONLY 20 YEARS OLD USED MY SECRET AND HAS MADE OVER $60,000.00 IN JUST 90 DAYS, NOT TO MENTION THAT SHE HAS A NEW CAR AND A LINE OF CREDIT WITH HER BANK FOR $45,000.00.

You can use this secret no matter how old or how young you are. There is no physical labor involved and everything is so easy that all you need is to follow simple, easy, step by step instructions. I personally know a man that has made $100,000.00, was able to get a $150,000.00 interest free loan and $50,000.00 worth of insurance policy without paying a nickel for it, in just six months.

You will be able to raise $60,000.00 or more overnight for whatever you need to pay no interest on it. And best of all you can keep it for as long as you want.

With my money secrets, you never have to try to convince anyone of anything. My system has nothing to do with door-to-door sales, and telephone solicitation, some fancy real estate transaction or anything else that involves personal contact.

My secret is perfectly legal and honest. You will be proud of how you are making money, what you are doing and the valuable results.

It will take you about two hours to get the idea. After that everything is almost automatic. After you get started you will be able to maintain a steady pace and look for investments and perhaps even businesses to enhance your wealth.

PROOF

Are you skeptical? that simply shows your good business sense. Well here is proof from people who have put this amazing secret to use and have gotten all the money they ever desired, I am only using their initials for privacy. I have their testimonials in my files.

$19,000.00 in one month.

"All I can say is that your plan is great! In just one month I have seen more money go through my hands than ever before".

T.M., New York, NY.

$250,000.00 net worth in 120 days.

"I was able to raise over $500,000.00 in 120 days which gave me a net worth of just over $250,000.00".

M.L. Houston, TX

WHAT IS REQUIRED TO START? Nothing but my step by step detailed book. . .A person virtually without a shirt on their back could do it. You will of course have to put the plan into motion-but that is both fun and easy and totally accomplished from the comfort of your own home. (I must mention that, no one will come to your home).

Finally, let me make this clear. Once you have my book, THAT IS ALL YOU NEED TO GET GOING! I have nothing else to sell you, I got out of misery with it and if I did it so can you. "Your purchase of this extraordinary book is **NOT** a "foot in the door" to get you to buy some other expensive "course" or whatever. . .My book is all you need from me, and you'll be on your way.

As you can tell by now, I have come across something pretty good. I believe I have discovered the sweetest-big-money-making secret that you could ever *imagine.* ***And remember I guarantee it.***

Most of the time, it takes money to make big money. This is the exception. With this secret you can start in your spare time with almost nothing. But of course, you don't have to start small or stay small. You can go as fast as you want and as far as you wish. The size of the empire you can build is up to you. I can't guarantee how much you will make with this secret but I'll tell you this. "SO FAR THIS AMAZING MONEY PRODUCING SECRET MAKES THE PROFITS FROM MOST OTHER IDEAS LOOK LIKE PEANUTS".

Now that I have completed explaining my secret money making book, you can be on your way to a better life. ORDER YOUR COPY NOW.

Do the only sensible thing. Send in your $10.00 and get started on your road to the bank.

I GUARANTEE IT!! ***If after you get it, you don't think it can make you rich, send it back, and I will send you your money back.***

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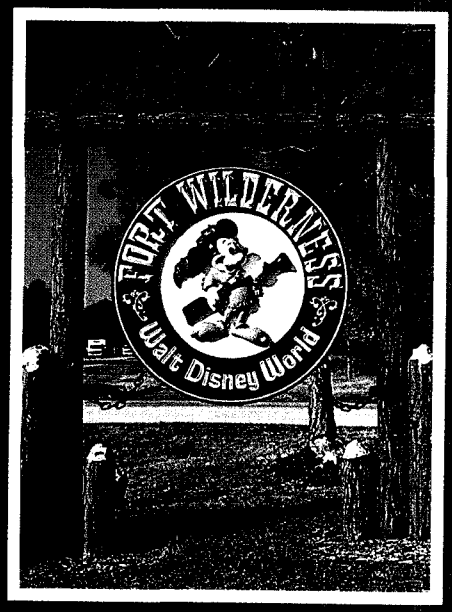


An intrepid explorer *he's* not—and you only have to pretend to be when you stay at Disney World's Fort Wilderness.

FORT WILDERNESS: DISNEY WORLD'S "HINTERLAND"

In deepest Florida you can "rough it" with maid service and cable TV.

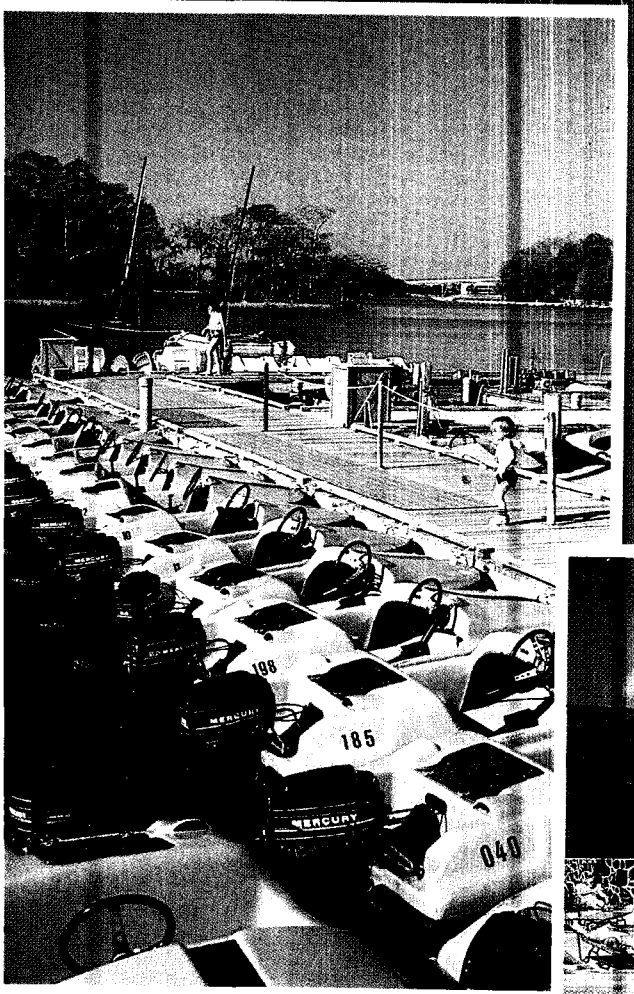
by M. Timothy O'Keefe

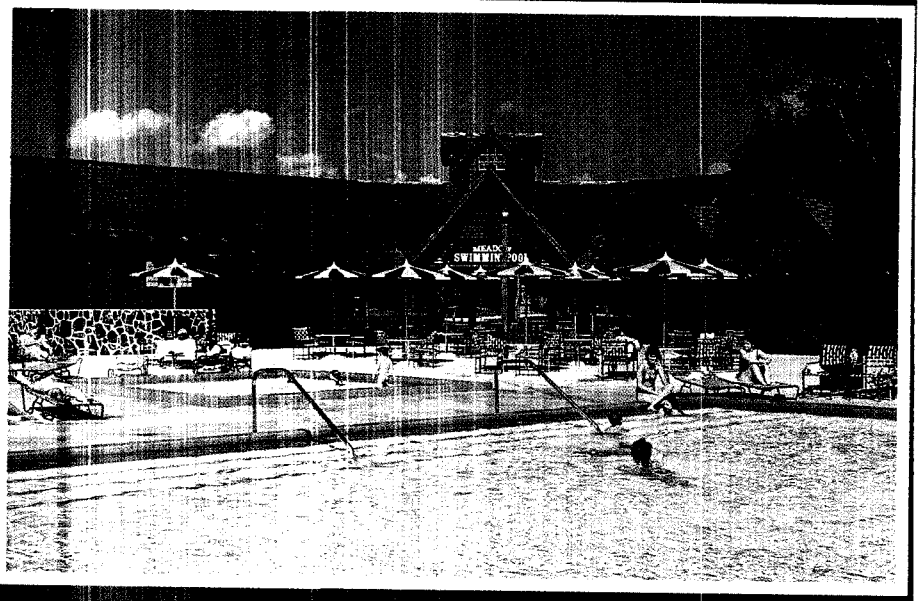
Besides the relative luxury, camping at Fort Wilderness Resort in Florida's Walt Disney World is a good way to avoid the traffic congestion of Orlando's giant hotel row. Once you park your vehicle at your campsite, you needn't start it again until your vacation is over—a fleet of air-conditioned buses connects Fort Wilderness to both Epcot and the Magic Kingdom. Besides, camping offers an opportunity to enjoy the Florida outdoors, to see that Orlando is made up of more than tarmac and lines of patiently waiting people.

As visitors quickly learn, Fort Wilderness is not only a campground but a complete miniresort all in itself. It has its own separate day activities as well as its own distinct nighttime program. And it's all real, mostly nonmechanized fun, situated amid 730 acres of natural pine forest.

Disney World may advertise Fort Wilderness as a campground, but you'll find it impossible to "rough it" there. The term "campground" is a misnomer, for you can rent one of the 363 hotel-suite-style trailers that come complete with daily maid service, cable TV, telephone, and central air conditioning—not exactly the things that normally come to mind in connection with camping. Even the majority of campers, who bring their own tents or RVs to set up in one of the 828 wooded campsites, find themselves pampered. In addition to water, sewer, and electricity at every site, each camping section has its own air-conditioned comfort station equipped with private showers, an ice dispenser, telephones, and laundry facilities.

Room service is another feature you don't expect at a campground, but you've got it here. Just call the





Water Sprites are a great way to buzz around the Fort's Bay Lake—but please give the fishermen a wide berth. (Right) A body of water sans fish and Water Sprites.

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High-tech Disney World still needs preindustrial help. Gary the blacksmith is the man who makes the Magic Kingdom's horses a well-heeled lot.

Fort Wilderness campers are besieged with problems in such trailers—unused mosquito repellent, what to watch on cable TV, whether to eat out or order room service.

Pioneer Hall restaurant between 8 a.m. and midnight for a pizza or fried chicken with all the fixin's. There's no extra charge.

A Fort Wilderness day starts as early as you like. For instance, if catching one of Florida's famed largemouth bass appeals to you, take one of two guided pontoon fishing boats that leave at 7 a.m. for a two-hour trip around Bay Lake, which divides Fort Wilderness from Disney World's Contemporary Hotel and the Magic Kingdom. Stocked with fingerling largemouth in 1971 and unfished for almost ten years, Bay Lake is now so loaded with fish that major tackle manufacturers come here to test their equipment; they're that certain of catching large fish! The largemouths average between two and five pounds, and you can take your catch back to camp to clean and cook it.

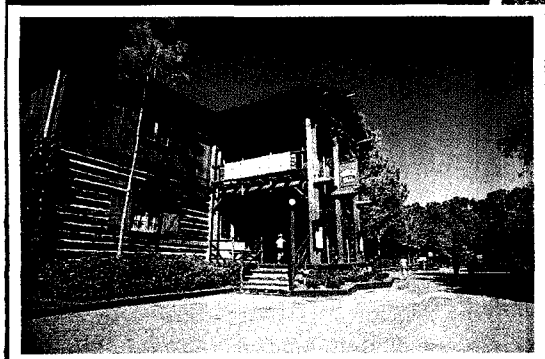
You can also rent a canoe and go off on your own to fish the miles of canals that wind through the property. Or you can begin your day by being entertained at the newly inaugurated breakfast show, featuring many of the beloved Disney characters, at Pioneer Hall. On a test run through last summer, this song-dance-comedy revue provided a totally different program than Pioneer Hall's evening presentation.

After midmorning, you're apt to find Fort Wilderness does indeed live up to its name, because it's usually deserted while most campers wander off to the other Disney attractions. If you stay behind, you'll have little competition for a spot on the sandy beach or at one of the two swimming pools. This is also a good time to watch Gary the blacksmith shoe the big Clydesdales, Percherons, and Belgians that pull trolleys down Main Street, U.S.A., in the Magic Kingdom. If you have youngsters along, they'll undoubtedly want to stop at the small goat-filled petting zoo behind the blacksmith's. Bring along a good supply of dimes for the dispenser-supplied animal food.

If you're at all interested in animals, you must visit Discovery Island, Disney's most overlooked attraction. Discovery Island houses 60 rare and endangered species that range in size from free-roaming Patagonian cavies (large guinea pigs) to Galapagos tortoises. You can reach the 11-acre island—beautifully landscaped with exotic flowers, plants, and trees—via the boat shuttle that leaves from the campground marina.

Fort Wilderness may be tranquil during the day, but come evening it's one of the liveliest places in the entire park. A good way to start off is with a hayride and then a campfire sing-along behind the Meadow Trading Post.

Reserve one evening for Pioneer Hall's wild and woolly Hoop-Dee-Doo-Revue, the second-longest-run-



Placid by day, Pioneer Hall rocks with the Hoop-Dee-Doo-Revue by night. (Right) A surrey with a fringe on top, pedals below.

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ning show at Disney World. The two-hour-long, energy-packed song-and-dance revue features folk and popular ballads. Chow down on big family-style dishes of fried chicken, barbecued ribs, corn on the cob, baked beans, salad, and rolls. Your servers are gingham-frocked and overall-clad waitresses and waiters who also take part in the show. Generous servings of strawberry shortcake make a grand finale.

Assuming you ever recover enough to eat again, keep in mind that on Friday evenings the Trail's End Buffeteria offers an all-you-can-eat seafood buffet with boiled shrimp, catfish fillets, broiled fresh fish, linguini with clam sauce, and seafood coquille. Or on any evening, you can be-

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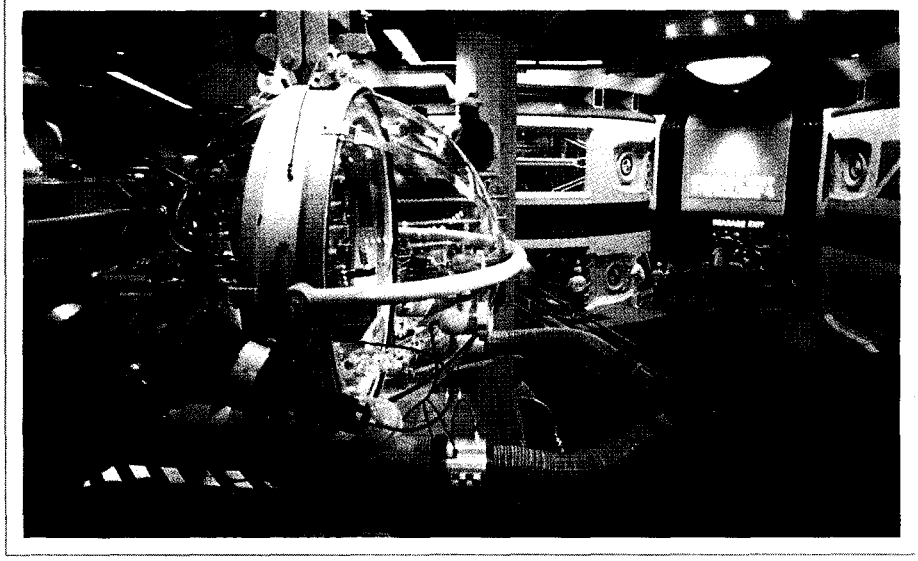


Fort Wilderness is convenient to the Living Seas, an Epcot Center exhibit that opened a year ago to spotlight the future of underseas exploration.

THE WHITE QUEEN OF THE GULF

A hotel with six miles of carpet! A ceiling valued at $8-10 million! The world's largest inhabited wooden structure! Try telling that to someone who hasn't visited the Belleview Biltmore and you'll likely be considered a prime candidate for another Bellevue, whose tenants are said to be rowing with only one oar.

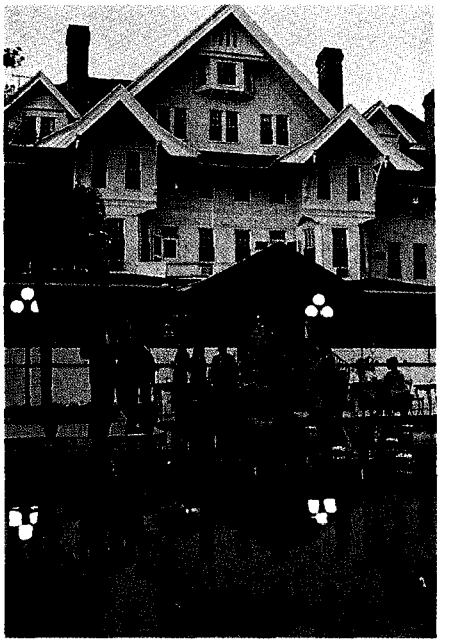
The Biltmore is located on a bluff overlooking the bay at Clearwater, Florida. Included in the National Registry of Historic Places in 1980, this completely renovated national treasure has now been appropriately renamed the Belleview Biltmore Resort and Spa. And never have the old and the new met under more delightful circumstances.

It was on January 15, 1897, that Henry Bradley Plant proudly welcomed a distinguished clientele of railroad presidents, steel magnates, public-utility tycoons, and other industrial barons to his winter retreat (January through April). As many as 15 private railroad cars could be seen at one time on the special siding east of the hotel. The Duke of Windsor would also find the Belleview up to his palatial standards, and the suite he occupied still bears his name.

The only unenthusiastic visitors to this celebrated edifice are the termites. The structural timbers—of "heart pine" from northern Florida and southern Georgia—contain resins solidified with age until today, practically petrified, they still defy the jaws of those destructive little suckers (as well as carpenters' tools). Nor did the termites take kindly to the aluminum siding applied in 1975. Guaranteed not to need painting for 20 years, the siding also allowed the hotel to retain its century-old title, "The White Queen of the Gulf."

For the 800-seat (1,000, if no one sneezes) main dining room, nothing would do but a skylight of 96 panels of precious Tiffany glass and original brass lighting fixtures. In the Starlight Room, the hotel's largest ballroom, dancers swing and sway or go bump in the night under a ceiling twinkling with hundreds of lights. And once the evening is spent, the 350 expansive guest rooms are waiting, many with 14-foot ceilings, all with ceiling fans, climate control, all-new Victorian furniture, and new carpeting, with drapes and wallpaper in the light and airy tones of green and rose.

Plant had good reason for locating



The Belleview Biltmore, the largest inhabited wooden structure in the world, has amenities that will make your head swim.

in upper Pinellas County—enjoying, as it does, more days of sunshine per year than any other area in Florida. And where better to apply that sunshine (in moderation, of course) than a swimming pool, golf course, beach, or tennis court? And the Biltmore now has them all—in spades.

Construction of the first pool in

continued on page 98

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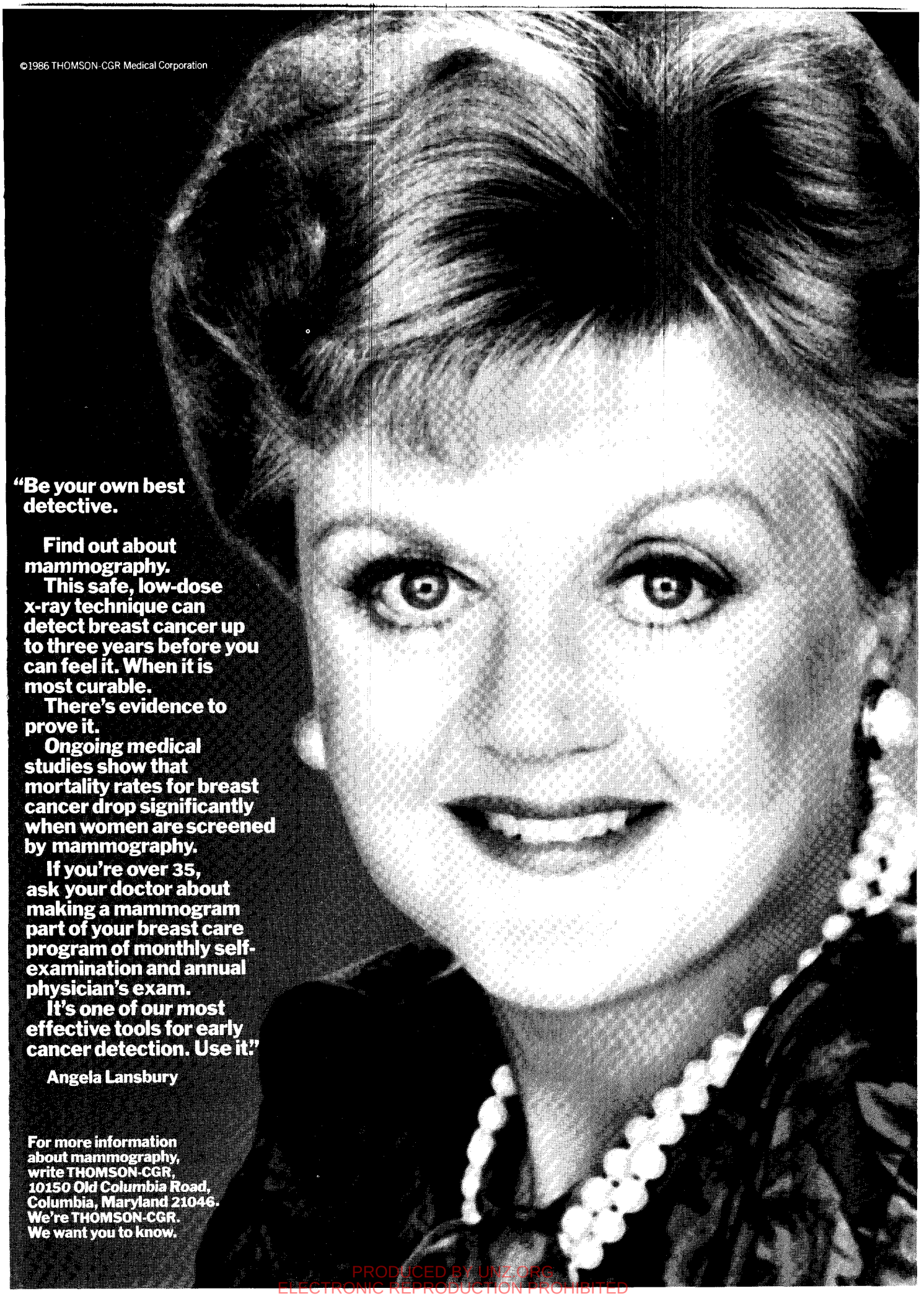

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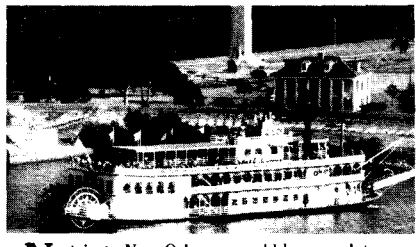

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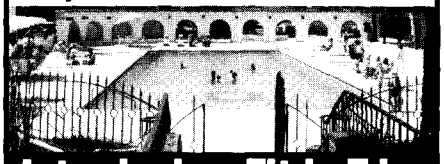

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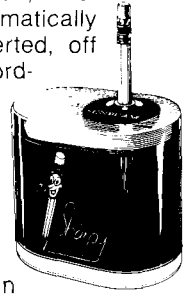

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1917 was at the urging of Mrs. Morton F. Plant, whose husband had fallen heir to the hotel. A woman being behind the project, tile setters were imported from Italy to install more than a million ceramic tiles in the 200,000-gallon tank.

You prefer swimming in the gulf, where you can squish sand between your toes, look for rare shells, and drown your cares in the roar of the surf? No sweat. The Cabana Club, a private beach facility, features everything from dining in and out of doors, fireplaces, attractive cabanas, and private dressing rooms for, yes, another (heated) swimming pool.

If tennis is your game, the ball is in your court. The resort, a recipient of *World Tennis* magazine's Five-Star Award, offers six Har-Tru courts on the south lawn and four all-weather, lighted courts at the adjacent Belleview Biltmore Country Club. Golf and tennis special packages are available, as is a "Fun & Sun" package rate for the family.

The original golf course began with "6 sporty holes of golf with shell greens." When the handicap of shell greens failed to limit the course's popularity, Launcelot Cressy Servos was commissioned, in 1899, to construct a full 9-holer. And no more shell greens. The Servos greens were of 100 percent pure sand. It remained for Morton F. Plant to convert the Belleview into the golf mecca of Florida by bringing in tons of Indiana topsoil to create its two 18-hole courses. Many of today's and yesteryear's golf pros, from Walter Hagen to Arnold Palmer, have putted its greens, still treacherous but covered with 100 percent pure grass since 1915.

With its skylight of precious Tiffany glass, the Biltmore's 800-seat dining room is as fancy as its food.

Except, that is, during World War II, when the air force took over the Belleview and its adjoining leased private houses for a personnel contingent of 3,000. During those years, the fairways were allowed to go to waist-high weeds and the sand traps to grow palmettos. The one blessing of this four-year occupation came with the installation of an elaborate sprinkling system throughout.

Should you be coming directly from behind your office desk to the Belleview Biltmore, you can warm up—by walking its two miles of corridors, perhaps by looking for the $1.8 million spa—before hitting the golf courses or the tennis courts. Here you'll find a lap pool, exercise rooms, whirlpools, you name it.

You may forget your cares, but no one forgets the Belleview Biltmore.

—Maynard Good Stoddard

CONFESSIONS FROM ST. AUGUSTINE

Many people used to think the St. Augustine climate could rejuvenate youth and heal just about anything. That thought is not so unbelievable if you arrive in early winter with a warm wind at your back, view the glistening Atlantic beaches to the south, and take in the festiveness of the historical-cultural climate as well.

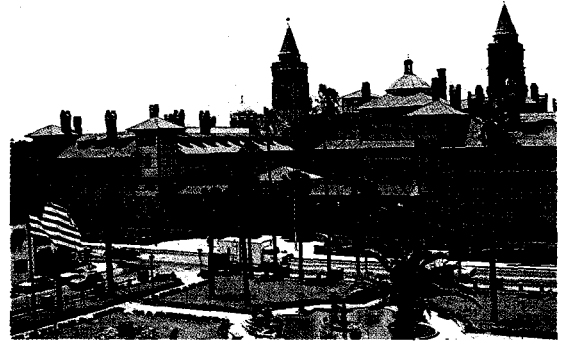
No wonder this small Floridian town of 35,000 residents lures a million visitors a year. The year-round mean temperature is 70° F. Highs in January usually flirt with the 60° F. mark but occasionally reach 80 °F. And very little of the 50 inches of annual rainfall appears during the winter.

More than the "nation's oldest city," St. Augustine is a timeless winter wonderland for most any age. The St. Augustine skyline suggests a permanence to its man-made monuments. Time does catch up with these and other monuments, making restoration an ongoing activity here, second only to tourism.

Located on Florida's east coast, between Jacksonville and Daytona Beach, St. Augustine blends more than 400 years of English, Spanish, and American heritage. And St. Augustine's history is as colorful and stunning as the city itself and the county's inviting 43 miles of white-sand beaches.

Founded by the Spanish 55 years before the Pilgrims landed at Plymouth Rock, St. Augustine demonstrates a Spanish heritage. The Spanish didn't find the gold they were seeking here in 1565, but tourists have access to other "finds"—fortresses, historic churches, museums, and vintage Spanish architecture.

To examine the Spanish influence on this community, the first-time visitor may ramble into the heart of town at St. George Street and tour the San Agustin Antigo section, also known as the Restored Village. Here the visitor can forget the present and view this picturesque area through the eyes of its early settlers living before the American Revolution. In these authentically restored shops, blacksmiths, weavers, and others in period costume produce crafts of that era.



The 1880s Ponce de León hotel has become a true fountain of youth—by housing a four-year institution of higher education, St. Augustine's Flagler College.

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Historians still dispute whether Ponce de León, who sailed from Puerto Rico to this part of Florida at his own expense, was in search of the famed Fountain of Youth. His eight-year, on-and-off "search" ended after he was killed by Indians. Fifty years later, St. Augustine became a permanent settlement under the hand of a Spanish admiral, Menéndez de Avilés.

In the next three centuries, St. Augustine changed hands by treaty several times. In 1821, the United States took possession of the great stone fortress Castillo de San Marcos, constructed by the Spanish in 1696. The fortress, one of the most impressive sights of St. Augustine, is built entirely of conquina, "indestructible" rock formed of naturally cemented shell deposits. With conquina walls 30 feet high and the entire structure extending 300 feet in each direction, it's understandable why the old fort never fell to attacks by the British, Indians, or pirates. The fortress, a national monument since 1924, is open for tours by the National Park Service. Just to get a picture of a U.S. park ranger standing on top a Spanish fort is worth the trip.

St. Augustine architecture also had an American influence. Henry Flagler, a pioneer developer of elaborate hotels and churches, spent three years and $2.5 million constructing the Ponce de León Hotel, considered the world's finest luxury hotel of its time. Attracted by the climate and Flagler's monument, the rich and famous quickly found St. Augustine.

The Spanish Renaissance style of Flagler's hotel is accented by an inner courtyard surrounded by verandas and twin towers that rise high above sea level. In 1967, this site became the campus of Flagler College, a four-year institution, and is open to the public for sightseeing.

To capture the historical feel of the city, tour St. Augustine at a leisurely pace by horse-drawn carriage. Tours, at $5 per passenger, leave hourly. Don't be surprised to be passed on the journey by one of the city's policemen on horseback. Another scenic way to capture the spirit is to attend one of the seasonal festivals, such as the Christmas Grand Illumination Ceremony, an inviting candlelight procession reenacting the nightly locking of the old city gates.

For curio seekers, the St. Augustine Historical Society operates a museum surrounded by gardens at the oldest house in the United States. The former Alcazar Hotel, another Flagler landmark, is the setting for the Lightner Museum and its sparkling crystal and Tiffany glass collections. Lunch at the Alcazar Café downstairs means sitting in what was at the time the world's largest indoor swimming pool.

Many of the area's 2,200 hotel units are on the shores of St. Augustine Beach. Most of the old-time hotels are gone now, converted to museums or city halls, but there is still a way to experience Victorian lodging: bed-and-breakfast inns with rooms ranging from $40 to $135, some even with private baths.

St. Augustine offers a pictorial history lesson in an Anglo-American-Spanish cultural setting. The climate may not be enough to heal all that ails you, but you'll be busy enough to forget for a while.

—Eric Von Jares

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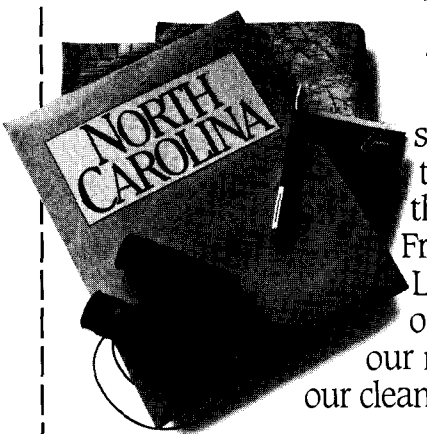

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Fort Wilderness

continued from page 94

come involved in creating your own perfect pizza and adding just the right number and amount of toppings.

As you can see, food is a big part of the nighttime entertainment at Fort Wilderness, but it's not all of it. From the beach each evening at 9:45, you can also view Disney World's Electrical Water Pageant, a musical parade of 50,000 colored lights on the water.

With so much always going on, you can understand why retired New York Supreme Court clerk Joe Scully, of Long Island, has been a regular at Fort Wilderness for the past 15 years. "I know more people here than I do back in my hometown," he admits. "I've tried staying in hotels, but you can be there for as long as a month and no one even says 'hello' to you.

"Camping people are different people," Scully continues. "They're more interested in each other and what's going on. And there's always something going on here!"

—M. Timothy O'Keefe

Lung Cancer

continued from page 62

have all the facts to answer each question. If a member of your family has died from lung cancer, it would help tremendously if you would make out the second part of the questionnaire on behalf of the deceased. In cases where it is not known if the cancer was primary or was metastasized (spread to the lung from other organs in the body), your loved one's physician would undoubtedly be happy to refer you to the pathologist who read the slides at the time the cancer was diagnosed. He could tell you whether your relative's cancer began in the lung or had simply spread to the lung. In this survey, we are interested in primary lung cancers that *begin* in the lung. Our goal here is to discover whether higher-than-normal radon exposure over a period of years has, indeed, caused primary lung cancer and whether hereditary alpha$_1$ antitrypsin deficiency may have caused primary lung cancer. Your help may lead to more knowledge about the cause of lung cancer in nonsmokers.

Estrogen

continued from page 54

apy should be carried out, then the internist or gynecologist may recommend a consultation with an endocrinologist.

"If your doctor does not recommend a consultation, but you have strong doubts about how your case is being handled or think you need the opinion of a hormone specialist, suggest it yourself or arrange to see a specialist on your own."

We asked Dr. Nachtigall about alternative therapies for hot flashes. Her advice is to try nonprescription remedies before resorting to any medication, including estrogen/progesterone therapy. "But if they don't do the job, remember that replacing the hormones your body no longer manufactures will not endanger your health—no matter what you've heard from friends or relations who recall the scares of the 1970s," she said.

She explains alternative therapies for hot flashes in detail in her book:

"Vitamin E often does a commendable job of relieving the severity and frequency of flashes and other vasomotor symptoms, and lots of my patients have good luck with it. Start

continued on page 104

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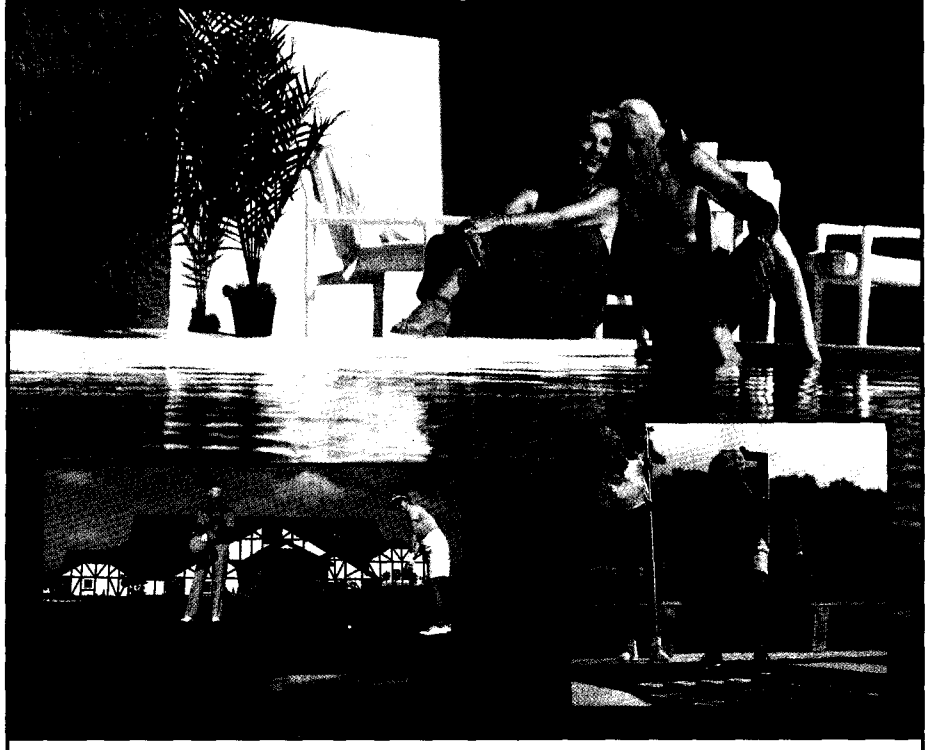

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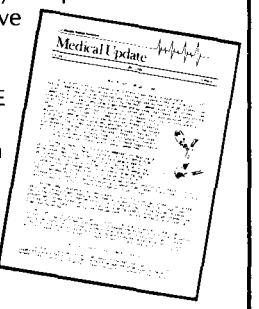

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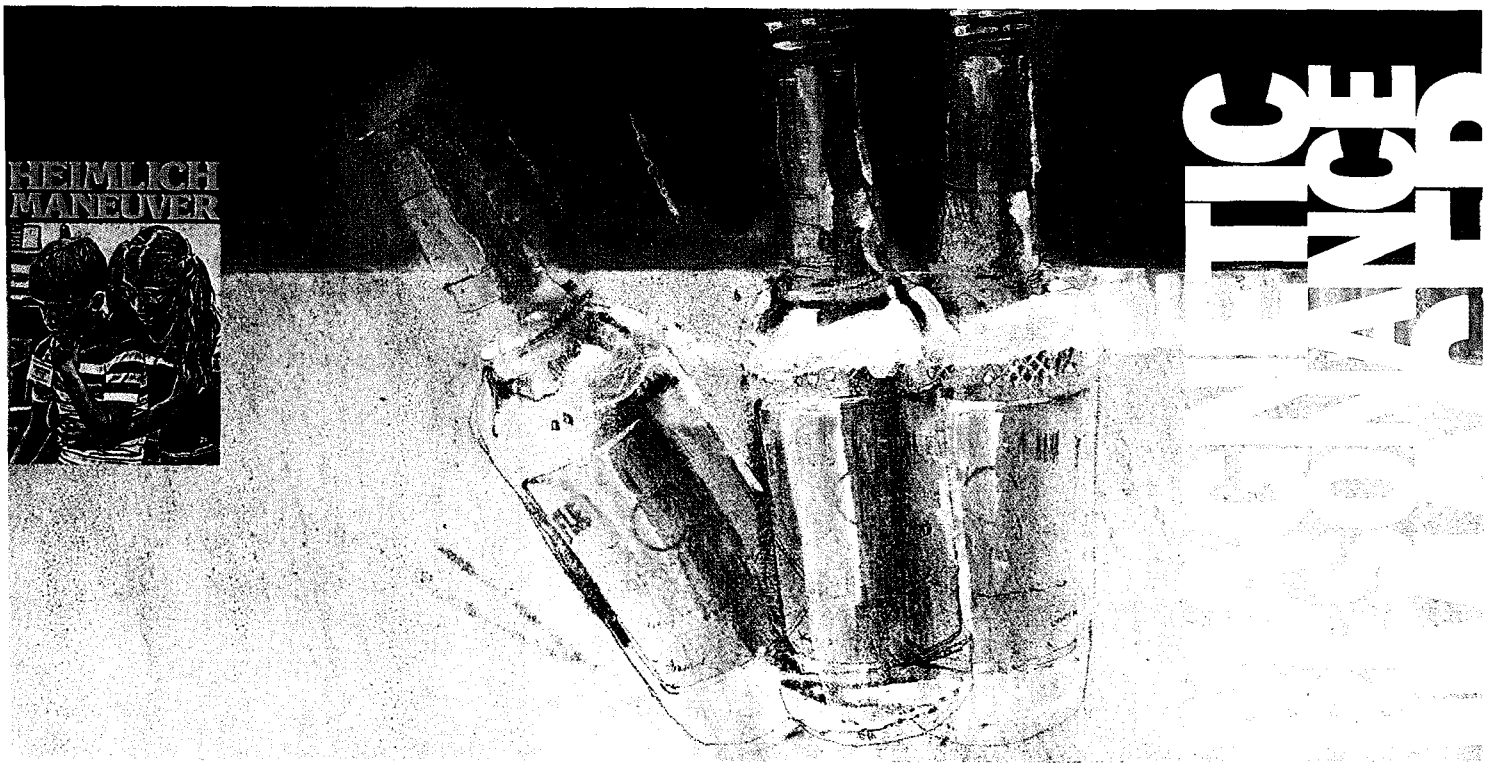

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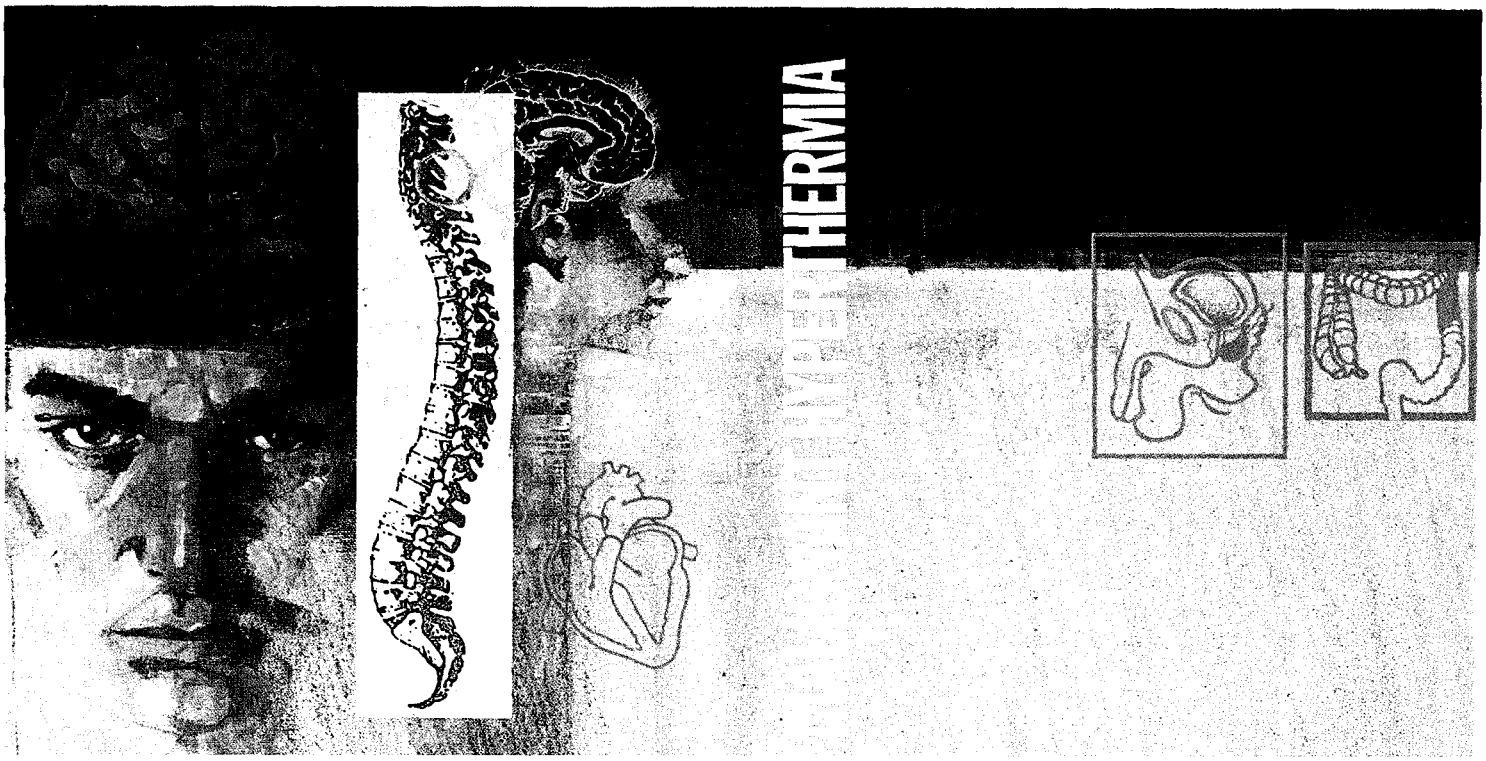

Hyperthermia Heads Up

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Estrogen

continued from page 100

with 400 units twice a day (800 total). If that doesn't work, double the dose for a daily total of 1600 units.

"Nobody really knows exactly how vitamin E works because, unlike the other vitamins, it is not a product of the human body. But it produces remarkable results for many women whose symptoms aren't overwhelming.

"If you prefer to get your E from your diet—though it is virtually impossible to get as much as you need for this purpose—keep in mind these good sources of the vitamin: wheat germ, wheat germ oil, safflower oil, whole-grain breads and cereals, peanuts, walnuts, filberts, and almonds.

"There has also been testimony, though no specific studies to back it up yet, that vitamins B and C can help cool out menopausal symptoms. Try increasing your intakes of both B complex and C. They certainly won't hurt you if you don't overdo them and they may do you some good. Start with one B-50 tablet and 500 mg of C a day and see if you get some relief.

"Nutrition plays an important rule in estrogen production. Vegetarians and others who exist on extremely low-protein diets often have such decreased hormone production that they fail to ovulate or to have menstrual periods and end up consulting an endocrinologist."

Anyone who wants to know more about estrogen therapy can benefit from Dr. Nachtigall's new book. What the book and its jacket don't tell you is that Dr. Nachtigall has been happily married for 29 years. "I live in New York with my wonderful husband," she said. "He's a physician. He's very interested in this problem and did a lot of the research with me. We have three wonderful daughters, two of whom are in med school, and one is interested in international law."

When I suggested that with three grown daughters she must be postmenopausal, she assured me her periods were like clockwork. "I've lived well and I never smoked and all those good things," she said.

Dr. Howard Fillit, who wrote the survey for our last issue, is studying the results as they arrive. (For those who missed the two estrogen articles and the survey in the December *Post*, reprints are available.) In his article Dr. Fillit explains the work he and his colleagues at Rockefeller University are doing in attempting to learn whether estrogen will help prevent memory loss and whether estrogen therapy may help Alzheimer's disease patients.

"You have what we call a 'natural food problem.' If there's food around, you just naturally gravitate toward it."

If you or any member of your family suffer from Alzheimer's disease or from serious memory loss, you might consider becoming part of the research program at Rockefeller University. Women entering the program are given a work-up by a gynecologist, a neurologist, a psychiatrist, a psychologist, and by Dr. Fillit, a primary-care geriatrician. Women are admitted to the hospital for about three days of evaluation, including psychological testing, to determine whether they have Alzheimer's disease and to evaluate its severity. Serum levels for estrogen will be measured, the status of possible osteoporosis established, and numerous other tests conducted. There is no charge to patients at this hospital. All testing on an outpatient basis is also free.

After the base-line testing, the patients receive either placebos or estrogen during a three-month period. Then they are taken off treatment for one month, after which the patients receiving the placebos are given a three-month course of estrogen-patch therapy. The patients who had worn the estrogen patch during the first three months are now given placebo patches to wear. Neither patients nor physicians will know who is receiving which treatment until the study is completed. This "double-blind crossover study" eliminates patient or physician bias.

Anyone interested in entering the program may write to Rockefeller University, 1230 York Avenue, New York, New York 10021. If you need further information before writing to the university, call The Saturday Evening Post Society at (317) 636-8881.

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MEDICAL MAILBOX

by Cory SerVaas M.D.

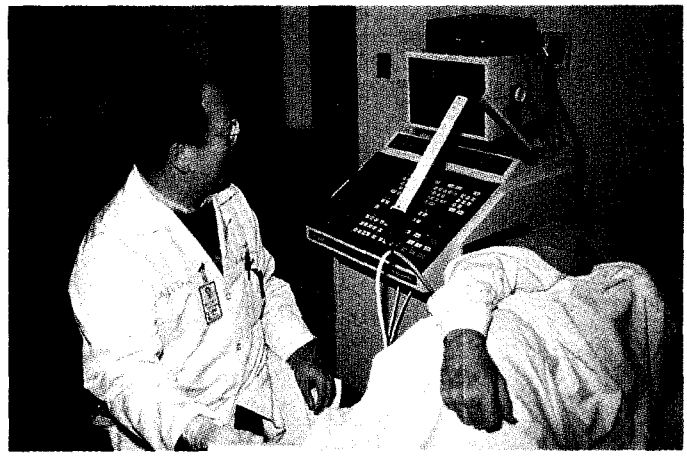
One thing I know: The only ones among you who will be really happy are those who will have sought and found how to serve.
—Dr. Albert Schweitzer

Prostate Manograms on the MaleMobile

After attending a seminar about transrectal ultrasound for early prostate cancer detection, I took my husband to Methodist Hospital in Indianapolis, where the equipment, newly approved by the FDA, was being demonstrated after the seminar. We were thankful that no nodules could be found in his prostate. My husband joins me in urging all male readers over 40 to have an exam soon, if they have not already done so. Wives: You can help save your husbands' lives by making sure they have a prostate check. If your local hospital doesn't have the latest equipment for transrectal ultrasound viewing of the prostate, ask your doctor to help you make some inquiries next time you go on vacation to an area that might—we believe it's important to find a hospital that does this exam.

One of the most exciting aspects of this equipment is that it makes a videotape of the prostate exam. This permanent record can then be mailed to experts at major research centers if the local radiologist has any doubts about a possible need for a biopsy.

This exam is certainly not a replacement for the traditional digital rectal exam that is done by feeling for nodules in the prostate gland, much as a breast examiner searches for lumps. With a gloved finger, a physician can pick up small, palpable cancers because many of them are near the periphery of the gland and just outside the wall of the rectum. But ultrasound equipment has the potential of picking up very small cancers before they can be felt—much as the mammogram does for the breast. There is no radiation involved, and my husband reported that it is no more uncomfortable than a rectal exam. Before the probe is inserted, it is covered with a rubber balloon filled with water. The nice thing about the newly approved General Electric bi-plane equipment is that the probe needs to be inserted only once. Previously, two probes were used: one for the transverse view and one for the longitudinal view.



My husband wants to urge all males over 40 to follow the guidelines of the American Cancer Society and have a yearly prostate exam. Dr. Gonzalo Chua does the honors here for him with a new ultrasound probe. The "manogram" takes 15 minutes, and results can be read on a VCR later. Our MaleMobile will produce the cassettes.

"Instead of just describing my symptoms, I made a videocassette."

Early detection is vital to survival for men with prostate cancer, the second most common form of cancer found in males and the third largest killer. Yet the results of a *SatEvePost* cancer prevention survey revealed that 62 percent of the men responding who were over 50 had not had a rectal exam in the past year. Even worse, one out of three had *never* had a rectal exam.

An Ohio study revealed that 90 percent of primary-care physicians stated they do prostate screening as part of an annual physical. Yet only 41 percent of those same doctors reported that they do prostate screening when the men seek attention for an unrelated, specific complaint.

Dr. Fred Lee, a radiologist at St. Joseph Mercy Medical Center in Ann Arbor, Michigan, is an example of what may happen to men who find themselves in this 41 percent group. He has prostate cancer that went undetected for too long. Three years ago Dr. Lee was 54 years old, a marathon runner, and in excellent health. Or so he thought. Then, while preparing for a marathon, Dr. Lee thought he wasn't feeling well. So he turned himself over to an internist specializing in infectious diseases at his hospital. He was

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Ruth Greene, RN
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Happiness is knowing your husband's prostate "manogram" doesn't show any lumps. The videocassette recorder shows the results of his test on the TV screen. Ultrasound research assistant Richard Chua explains the equipment his father uses.

examined head to toe—but no rectal exam was performed. A little later, he put his back out picking up big logs for firewood. "I was admitted to the hospital for three weeks of neurosurgery, and nobody did a rectal exam. So I missed a chance at possibly being cured," Dr. Lee said.

Afterward, while attending a medical meeting at the University of Michigan, Dr. Lee heard a visiting lecturer, Dr. Matthew Rifkin of Thomas Jefferson University in Philadelphia, speak about ultrasound. Basically, ultrasound works like sonar. But instead of bouncing sound waves off submarines and whales, it is used in medicine to detect abnormalities inside the body.

Dr. Lee had been using X-ray and digital rectal exams daily to diagnose cancer. But Dr. Rifkin was saying ultrasound could be used to detect prostate cancer far earlier than the routine X-ray studies available at the time.

Although Dr. Lee could see this as a potential major breakthrough, it would be some months before he realized the impact this new tool would have on his own future. Dr. Lee arranged a demonstration of the machine by its manufacturers at his own hospital to run tests on some of his friends. Fortuitously, Dr. Lee asked that an exam be done on him as well—and the image was abnormal. Dr. Lee was not convinced that the ultrasound was a reliable indicator of prostate cancer, so he arranged to go to Philadelphia for a week to get a second opinion. There he studied with Dr. Rifkin, who assured him that he should have a biopsy of his prostate.

When Dr. Lee called the pathologist for the results of the biopsy, he was shocked to learn that he had cancer of the prostate. "It was as though the floor was falling from under me," he said. "I was in the peak of health. I couldn't believe this was happening to me. I was a jock running marathons."

Returning to St. Joseph's Mercy Hospital in Ann Arbor, Dr. Lee began a crusade. He convinced the chief of radiology to buy new transrectal ultrasound equipment. Then Dr. Lee began joint examinations with the urologists. The key question still remained unanswered: Could ultrasound detect early prostate cancer that the conventional method could not? After studying and comparing malignant and healthy glands, Dr. Lee found new and better methods of reading the ultrasound images.

He next consulted Dr. Gerald Murphy, who was then head of the Roswell Park Memorial Institute but has since joined the State University of New York in Buffalo. Dr. Murphy gave him no new hope for his own condition, but he was impressed with Dr. Lee's research findings. In August 1986, Dr. Lee hosted an international symposium in Ann Arbor with nearly 600 attendees. He invited Dr.

Radiologist Fred Lee's wife, Ethel, and their five children were devastated at the news that dad had prostate cancer that had already spread. Earlier, Dr. Lee (center) felt fine running a mini-marathon—his cancer was probably a silent invader at the time.

"I realize you saved my life, Doctor, but I still feel like I was overcharged."

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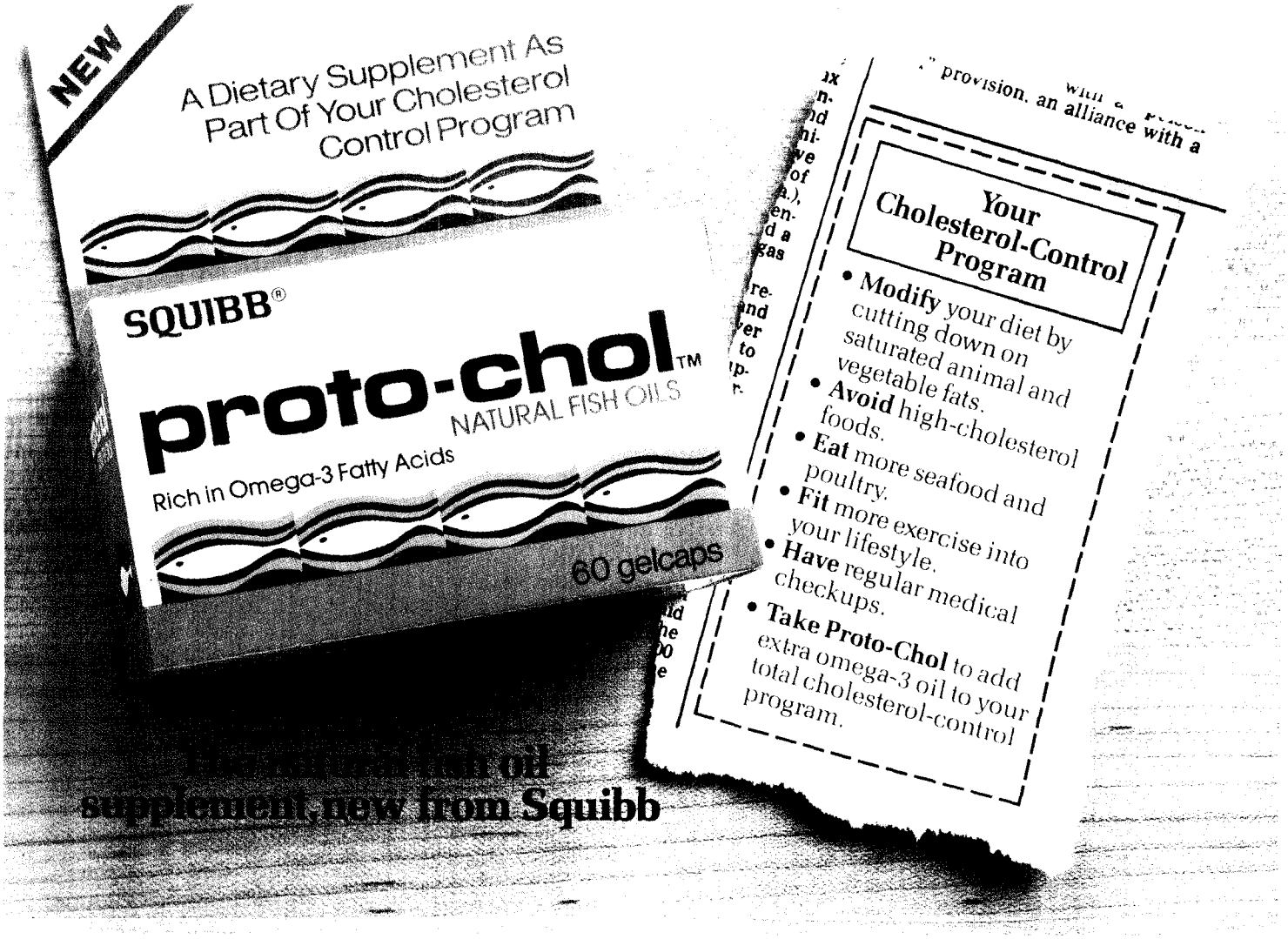
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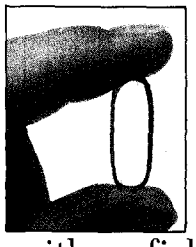

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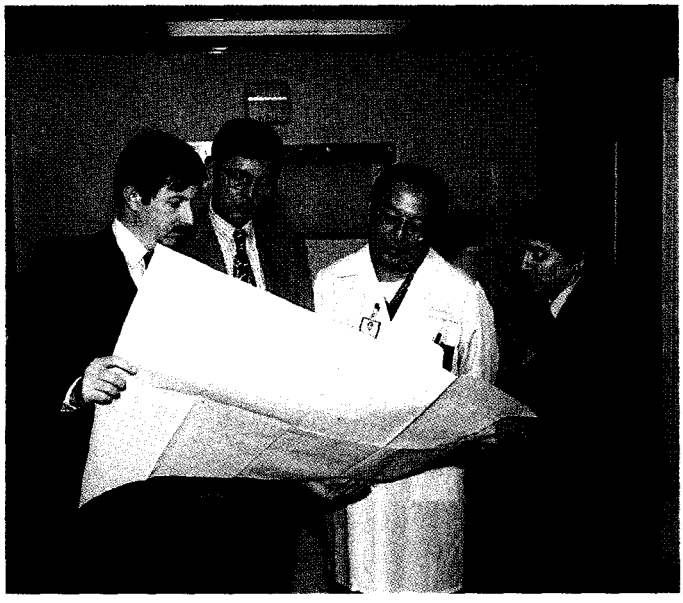


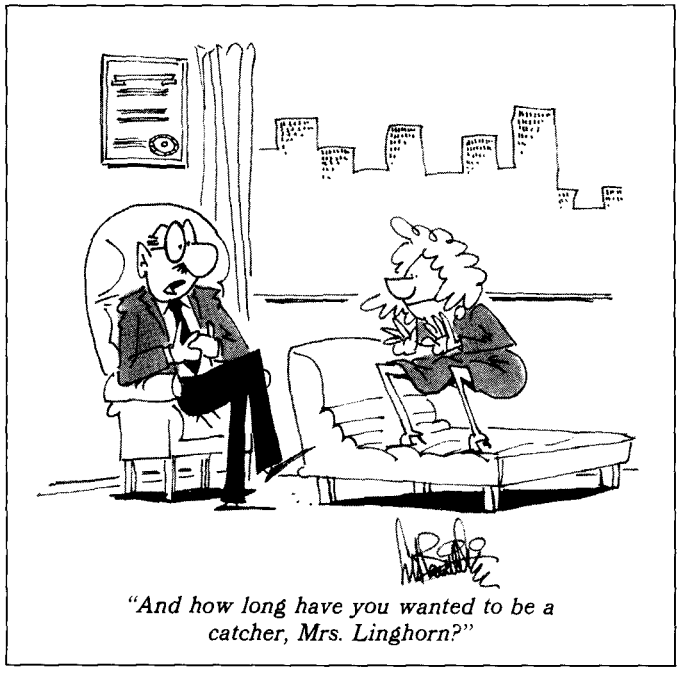
(Left to right) Greg Crawford, head of the Society's Mammobile/MaleMobile project; Dr. Richard D. McLeary, prostate ultrasound specialist; and Dr. Gonzalo Chua review MaleMobile blueprints with *Post* editor. The newly FDA-approved single-probe transrectal ultrasound equipment will be mobile in early 1987.

Hiroki Watanabe from Kyoto, Japan, who is recognized throughout the world as the father of prostate ultrasound cancer screening. Dr. Watanabe has written about the successful program in which he and his colleagues are attempting to screen Japan's entire male population. His work has been an inspiration to the Society. Since there is no mobile screening unit for cancer of the prostate available in this country, we are preparing one that will be patterned after the Japanese vehicle, and it should be operational in early 1987. A Japanese film produced by Dr. Watanabe has been highly successful in motivating Japanese men to have their prostates checked yearly. The film includes English voice-overs and shows the Japanese men and their families doing humorous pantomimes to i lustrate the high-risk male. These become quite hilarious showing a Japanese man's astonishment upon learnin that the sexually promiscuous can expect to be at highe risk for prostate cancer than one who is not. A Japanes man who is wealthy is also shown to be at higher risk tha the poor man because the rich executive is shown eatin a Westernized diet of steak while the poor man is eating low-fat, high-fiber diet of rice and vegetables. The filr will be used on our MaleMobile to motivate our mal population.

The SatEvePost Society has ordered an RT 3600 ultra sound scanner that will become the center of the ne MaleMobile designed to visit communities and offer ultra sound prostate examinations, along with digital rectal ex ams and tests of stool specimens for possible colon cancer The MaleMobile will be the twin to the Mammobile, whic is already in operation offering free mammograms t women to aid in early breast-cancer detection.

Cancer of the prostate is a silent, painful killer, and i needn't be. We have female celebrities throughout th country who stand up to say, "I had breast cancer . . catch yours early . . . get a mammogram and have a doc tor examine your breasts." How very much we need som male celebrities who will say, "Get a 'manogram' and hav a doctor palpate your prostate." Breast and prostat cancer are both big killers, and many of the deaths are un necessary. I'm reminded of our good friend and forme managing editor of the *Post*, Fred Birmingham. Mascu line, proud, and private, he suffered secretly, and when h died after a long and most painful illness, his wife, Fran nie, implored me, "Oh, Cory, do something about thi dreadful disease. No one should suffer as Fritz did." I was only then that she felt free to divulge that it had bee cancer of the prostate. As is the case all too often, hi cancer had been diagnosed after it had spread and it ha no longer been possible to effect a cure with surgery or an other therapy.

Dr. Richard McLeary, who directed the recent semina at Methodist Hospital, called our attention to an oft quoted admonishment: "If you look at the man at you right and at your left, one of you will develop this cancer One out of every three men will develop prostate cancer i his lifetime."



"And how long have you wanted to be a catcher, Mrs. Linghorn?"

No More Insulin Shots for Professor Piotrow

Johns Hopkins Diabetes Center recently announced th first implanting of a new pump that will enable insulin dependent patients to avoid injections and ensure a more even delivery of insulin. The subcutaneous pump i implanted in the abdomen and is refueled every thre months.

The insulin pump has been tested on animals in a clinica setting for the past five years. The first human implant i part of a two-year study limited to a maximum of 20 insu lin-dependent patients who live in the Baltimore, Mary land, area.

Dr. F. Jackson Piotrow, a dean at the American Univer sity in Washington, D.C., received the first human implant. "The surgical implantation is quite simple," said Dr. Christopher D. Saudek, director of the Johns Hopkins Diabetes Center. "When FDA approval is granted, physicians throughout the country could easily utilize the pump."

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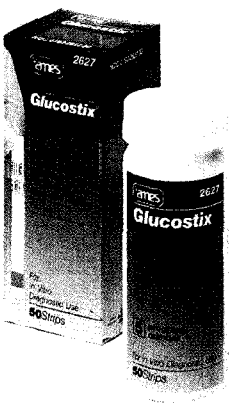

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In an interview Dr. Saudek said that while this experimental program is conducted over the next two years, the Johns Hopkins Diabetes Center will also stress education of patients so that their treatment by family physicians can be as effective as possible.

It is imperative that diabetics know the importance of monitoring their glucose levels through blood checks rather than the older method of urine analysis.

We asked Dr. Saudek how often he requires his patients to check their blood glucose. "Our patients on the insulin pump will be checking their blood glucose four to six times a day," he said. "A very stable diabetic might only do it once or twice a day.

"Maintaining a steady blood glucose level helps prevent the long-term complications, including loss of vision, amputations, and kidney failures."

Know the Symptoms of Diabetes

Several years ago our minister's young daughter, who was not known to be suffering from diabetes, unexpectedly came close to death in a diabetic coma. As I recall, she was 12 or 13 then, and fortunately, with good emergency-room care she survived. Since that time, I have known two other young diabetics whose lives had been in jeopardy because they hadn't yet been diagnosed. I was reminded of these incidents when the American Diabetes Association sent a full-page ad to magazines as a public service. Since we haven't the space for their full page announcement, copy from their ad appears below:

"This winter thousands of children will be stricken with diabetes. The real tragedy begins when they're treated for the flu.

"During flu season thousands of children are stricken with insulin-dependent diabetes. These children are usually between the ages of 5 and 16.

"Unfortunately, many parents and emergency-room personnel often confuse the warning signs of diabetes with the flu. Or, in some cases, urinary tract infection.

"The major warning signs for diabetes to watch out for are: frequent urination, excessive thirst, extreme hunger dramatic weight loss, and nausea and vomiting, as well a irritability, weakness, and fatigue. Generally, these symptoms appear over a three- or four-week period but don' appear as suddenly as the flu symptoms."

Mammobile Booster

The morning mail brought a column from the *Woodford Sun*, Versailles, Kentucky, that made my day. I called the author, Mrs. A.B. Chandler, for reprint permission. Not only did the congenial author consent to the reprinting of her column, she answered all our personal questions as well.

Yes, her husband had twice been governor and twice been elected to the U.S. Senate from Kentucky.

Yes, her husband was "Happy" Chandler, who had served as baseball commissioner.

"I'm feeling fine," she said. "I have recovered from the surgery beautifully."

We had two more questions. Did she have a prosthesis?

"Yes, and I'm telling you right now, my breasts weren't small, and this is the doggonest, biggest thing I ever saw."

And would she mind saying how old she is?

"No, I'm 86. I'll be 87 next month."

So, happy birthday and many more, Mrs. A.B. Chandler. Her column follows:

Opinions and Personals

by Mrs. A.B. Chandler

I wish every woman could read the October issue of *The Saturday Evening Post*. The feature story is about the Mammobile Breast Cancer Prevention Unit. The great, long, white van, going from city to city giving free mammograms, is not an altogether unusual sight. We're accustomed to seeing the chest X-ray van and other health agencies, like the blood pressure and heart vans. I've glanced at these efforts to improve our health and paid no attention whatever to them. That is why I am writing this: to tell you, don't ignore for another day the importance of getting your own mammogram.

I had just had my general physical examination and received the welcome news that my health was in great order. I had read that every woman over 50 should have a yearly mammogram—I asked Dr. Roach to arrange for me to have one. He wrote me an order and told me where to go. He wondered why I wanted it. Did I hurt? Had I found a lump? I told him, no, I was fine, but I felt I'd better obey the general consensus.

I had the mammogram and sat back to hear the report on the instant pictures. More pictures were required; a small density had appeared. Dr. Roach ordered a biopsy right away. There's no way to describe the heart-stopping moment when your doctor tells you that as tiny as my "lump" was, only two centimeters, the cells it contained were malignant. I went ahead with a mastectomy, and the lymph nodes, extracted from my armpit, were all free of bad cells. I must have been saved for something. That is why I pass my experience on to you. This whole matter is much too important to neglect. The Lucile Markey Cancer Center has only recently been opened, but it is already filled. As I entered for my operation, holding on to Dr. Ben Roach's arm, he said, "Little did we realize that we would be among the first patients!" ✗

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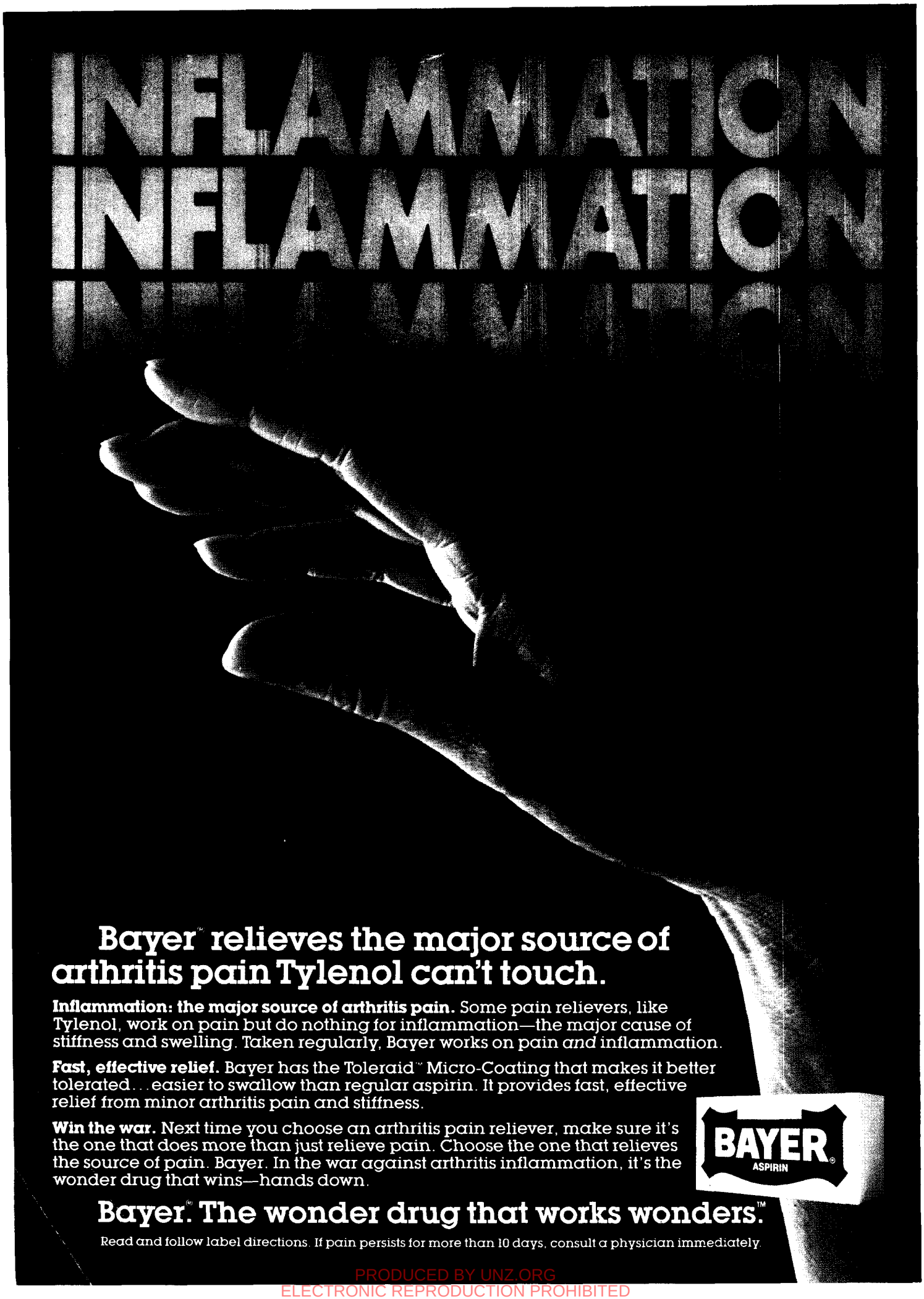

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